Tasty Tropical Treats

F
641.59914
P538t

TASTY TROPICAL TREATS

d

COPYRIGHT
NOV 16 1951

Tasty Tropical Treats

A 5442

A Cookbook Specially Prepared for People Who Live in the Tropics

B.P.L.
(date)
COMMITTEE INVENTORY

Bureau of Public Lib.
GOV'T. PROPERTY
Filipiniana Div.

PHILIPPINE PUBLISHING HOUSE
MANILA, PHILIPPINES

J
641.59914
P538t

15440t

Copyright, 1951

PHILIPPINE PUBLISHING HOUSE

(*First printing*–1951)

ART AND PHOTO CREDITS:

C. D. Brion–Frontispiece and pp. 16, 44.

Hawaian Pineapple Co.–pp. 108, 124.

Manila Bulletin–p. 8.

National Pressure Cooker Co.–pp. 14, 58.

J. L. Odom–pp. 32, 80, 84, 90, 132, 140, 150.

V. Rivera–pp. 28, 30, 156.

THE NATIONAL LIBRARY
5-25-98
PHILIPPINES

1-24-92

9-19-46

R
6-4-57

This Book

In response to the many requests that we issue a cookbook especially prepared for people who live in a tropical clime, and with emphasis on the use of foodstuffs produced in the tropics, we take pleasure in presenting this volume in Cebuan, English, Ilocano, Panayan, and Tagalog.

Our main object being to provide a practical and economical cookbook for the majority—particularly the common people—it has been necessary, because of high production costs, to limit the scope of the recipes. This is particularly true in regard to desserts, which we have deemed least essential to good health.

Such items as parsley, paprika, and marjoram are used mostly for ornamentation and flavoring, and may be omitted in the recipes.

The edible fats—lard, oil, and margarine—recommended in the recipes of this cookbook are all from vegetable sources, because such are usually more economical and more easily digested than are animal fats. However, those who prefer animal fats will find no difficulty in using them in the recipes given in this volume.

As a public service to the purchaser of this book and to the manufacturers of edible fats in the Philippines, we are authorized to issue the following information:

The Philippine Manufacturing Company, with main office in the Myers Building, Port Area, Manila, says of its lard (Purico), cooking oil (Mayon), and margarine (Star): "All these brands are manufactured from pure vegetable fat."—Letter dated June 6, 1951.

The Philippine Refining Company, with main office at 1035 Isaac Peral Street, Manila, says that its lards (Covo and Whiteband), edible oil (Camia), and margarines (Blueband

and MONTANA DE ORO), are "made entirely from pure vegetable oil."—Letter dated June 8, 1951.

The Central Vegetable Oil Manufacturing Company too, with main office at 308-310 Azcarraga Street, Manila, lists its lards (CENVOCO, ROBIN HOOD, and ASTER), edible oil (CANAL), and margarine (PAGODA), "under the category of pure vegetable fat."—Letter dated June 8, 1951.

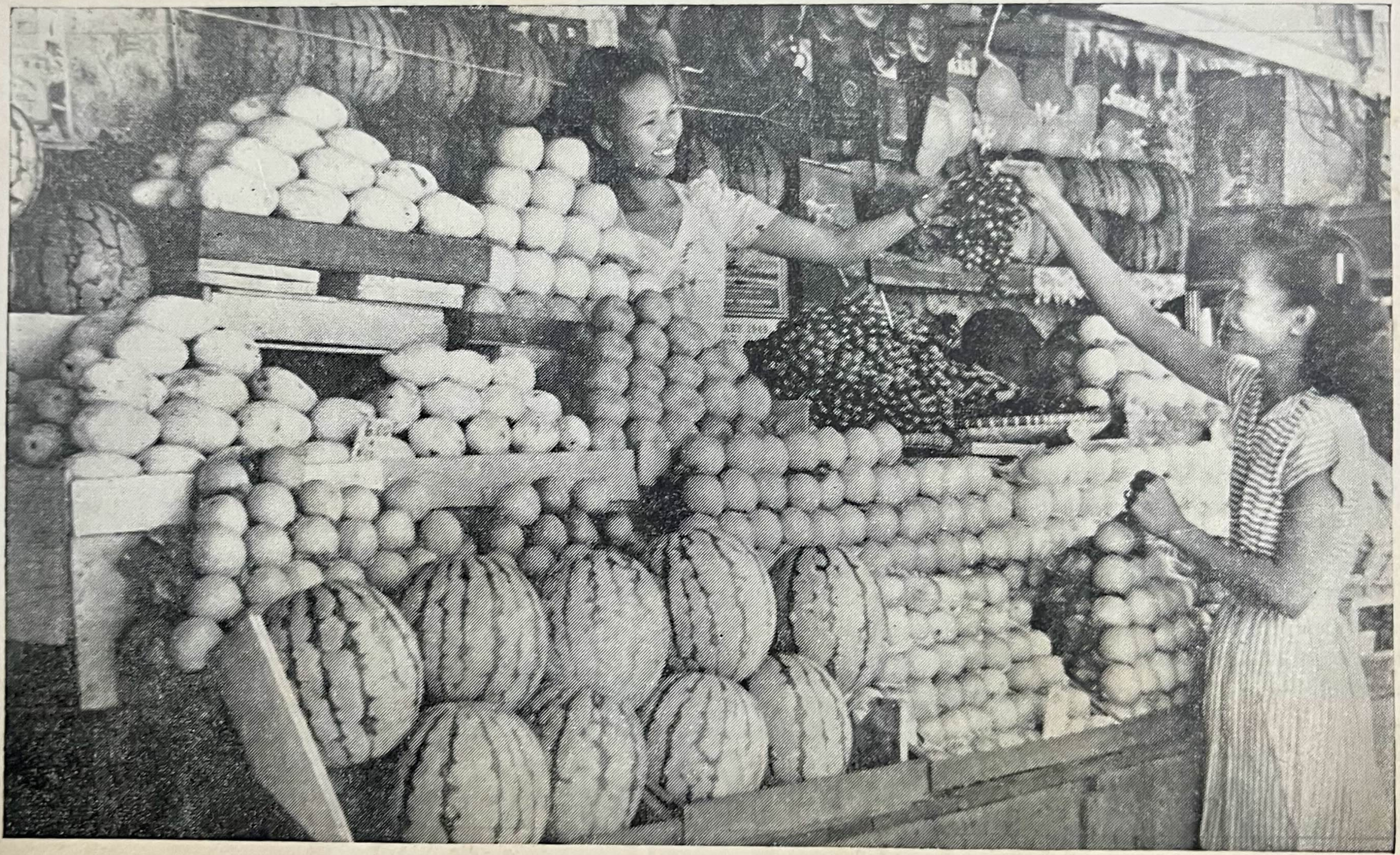
The International Oil Factory, at 19 Riverside, San Juan, Rizal, likewise lists its lards (VI-VA and ANTIPOLO) and cooking oil (BAGUIO BRAND) under the heading of "pure vegetable fat."—Letter dated June 20, 1951.

It would contribute much toward maintaining a stable national economy if we would produce and use more and more of our own food and depend less and less on imported products. The lands of the tropics abound with wonderful possibilities for gardening, fruit-raising, and agriculture in general. Mother Nature is very liberal to her industrious, studious sons and daughters, and will cause the wealth of the soil to come forth to those who till it aright. Besides providing for them instructive and useful study, as well as healthful exercise of the body, the growing of vegetables and fruits at home supplements the income of the family and supplies good, nourishing food for its members.

THE PUBLISHERS

CONTENTS

1. Facts About Food — 9
2. The Best Food for Man — 17
3. Measurements for Cooking — 29
4. Protein Dishes — 33
5. Other Main Dishes — 59
6. Gravies and Sauces — 81
7. Dressings and Frostings — 85
8. Savory Soups — 91
9. Vegetable Salads — 109
10. Fruit Salads — 125
11. Drinks That Refresh — 133
12. Delicious Desserts — 141
13. Good Bread — 151
14. Practical Helps — 155
15. Glossary — 160



When You Buy, Buy Wisely.

Chapter 1

FACTS ABOUT FOOD

WHEN YOU BUY

LEARN what are the seasons when certain fruits and vegetables are cheapest, and buy accordingly. Fresh fruits and vegetables are of better flavor when bought in season. Those bought out of season usually have been picked greener, transported longer distances, and stored longer before marketing, with a greater loss of vitamins.

It is cheaper to buy fruits and vegetables that are fresh, firm, and unblemished; it is more expensive, because of waste, to buy those that show signs of decay, wilt, and injury by worms and rough handling.

It is often cheaper to buy fruits of a larger size, because the proportion of seed to the amount of pulp is usually greater in the smaller than in the larger ones.

The smaller carrots are usually more tender than the larger ones.

The best green-bean pods are tender and smooth, and snap easily when broken.

Choose cauliflower that is white. Yellowish spots indicate both over-exposure to the sun and a strong flavor. Decay is indicated by dark spots.

Large cucumbers tend to have hard, coarse seeds. When yellow, they are overripe. Choose those of medium size, preferably straight ones.

In choosing a head of lettuce, pick one that is firm and heavy. A rusty-red tinge indicates that the head is either too old or has been improperly stored.

Parsley should be fresh and green, with no faded or yellow leaves.

Fresh fruits and vegetables are better when bought daily, because the loss of vitamins is considerable when such food is stored. If you have a refrigerator with a special compartment for storing such fresh foodstuffs, they can be kept there without this loss.

Root vegetables can be bought and stored for future use without much loss of vitamin contents.

A banana tipped with green is partly ripe. The pulp is firm, starchy, and slightly tart—right to bake, boil, or fry. One that is all yellow is better for baking. A few varieties in the Philippines have either reddish or light-green skins when ripe.

Vegetable margarines fortified with vitamin A are safe substitutes for butter made from milk. They cost less too.

It is sometimes cheaper to buy by quality than by quantity. Quality is not determined by fancy wrappers and high prices.

While packaged goods are more sanitary than those sold in bulk, they also cost more.

Buy in quantity whenever practical, for food costs more per ounce or pound when packed in small containers than when put up in large ones.

It is better to buy by weight or by measure than by so many centavos' worth, which is usually just so much guessing in so far as the buyer is concerned.

Read the labels on packaged and canned goods not only to know what ingredients are in them but also for comparing the cost per ounce or pound in containers of different sizes.

In some instances it is cheaper to buy canned goods by the case at a time than by a tin at a time. For example, if your family uses milk freely every day, it would be cheaper to buy a case of tins rather than just one at a time.

Remember, when you are buying, that it pays in more ways than one to have your own garden. Fresh fruits and vegetables from your own garden mean a saving in money, fresher foodstuffs, and more mature products rich in essential food elements. Besides, there is a lot of pleasure and much to learn in cultivating plants. It is a very useful hobby for a person not engaged in agricultural pursuits. Even the children like it. Says King Solomon: "Moreover the profit of the earth is for all: the king himself is served by the field." Ecclesiastes 5:9.

WHEN YOU COOK

Cooking is an art, a science of the highest order. Many little suggestions could be given to make it more interesting and more practical. Here are a few intended to make cooking more economical and food more nourishing after it is cooked.

The use of soda in cooking vegetables, to make them tender, is very destructive to certain vitamins.

Do not throw away the excess liquid when vegetables are boiled, because it contains vitamins and minerals boiled out of them during the cooking. Use the excess liquid for making soups, gravies, sauces, stews, etc.

Cook fruits and vegetables only when it is necessary. And when it is necessary, cook them only as much as is necessary. Cooking destroys some of their most valuable vitamins and minerals, and much of their flavor is lost by the evaporation of their moisture into the air.

Use no more water in cooking fruits and vegetables than is necessary to prevent their sticking to the container.

When a liquid comes to a boil, lower the heat to the minimum required for continued boiling. This saves fuel and reduces the destruction of vitamins and minerals by excessive heating. Rapid boiling does not speed up the cooking process; it results in the use of more water due to faster evaporation.

Boil fruits and vegetables, if this is necessary, until they are just tender enough to eat and no more. Overcooking makes them mushy, destroys vitamins and minerals by excessive heating, and causes a loss of flavor by the evaporation of moisture.

If fruits and vegetables need boiling, either put them in

A TIMETABLE FOR BOILING VEGETABLES

(Approximate)

Item:	*Minutes*
Asparagus	15 to 20
Beans (fresh):	
Lima	20 to 35
String	20 to 45
Wax	20 to 30
Beets	30 to 60
Young, shredded	5 to 8
Broccoli	15 to 25
Brussels sprouts	15 to 20
Cabbage	12 to 15
Carrots	30 to 40
Cauliflower	20 to 30
Celery	20 to 30
Chard	10 to 15
Collards	15 to 20
Cucumbers	10 to 15
Eggplant	10 to 15
Okra	10 to 25
Onions	25 to 30
Parsnips	20 to 30
Peas (depends on age)	10 to 20
Frozen	cook as directed
Potatoes:	
Irish (cut)	20 to 30
Sweet yam (cut)	20 to 30
Salsify	20 to 45
Spinach	8 to 10
Squash:	
White	15 to 18
Yellow	20 to 25
Tomatoes	5 to 15
Turnips	15 to 30

the water after it has begun to boil or else add the boiling water to them. In this way the loss of vitamins, minerals, and flavor by flooding, oxidation, and evaporation is reduced.

If fruits and vegetables need cooking, their finer flavors are retained, and their vitamin and mineral values are better preserved when they are cooked by baking or steaming. Green vegetables are best cooked in a waterless cooker.

If vegetables need boiling, cook them in their skins to better preserve their color. If they need peeling, peel them after they are cooked. Peel them as thinly as possible, for some of their most valuable vitamins and minerals lie near the skin.

To best preserve their color, drop the vegetables into rapidly boiling water, and cook them a few minutes in the uncovered vessel. Then cover them, and let them boil the shortest possible time.

When fruits and vegetables need boiling, cook them in most cases in a covered container and without stirring. When air is stirred into the food, oxidation takes place, which is especially destructive to vitamin C. Open cooking and stirring also results in a loss of flavor by the evaporation of moisture.

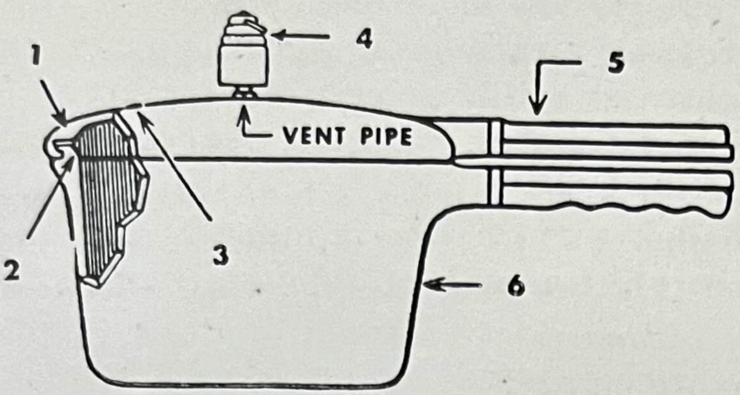
Soaking cut fruits or vegetables in water before cooking them tends to wash out their juice or sap containing valuable vitamins, minerals, and flavors.

If fruits and vegetables need washing, do it just before peeling or cutting them. Wilted ones may be made more tender or crisp by placing them in cold water for a short time before they are used.

Peel, cut, or shred fruits and vegetables just before using them. If left to stand cut or peeled for some time before they are used, they lose some of their vitamins, minerals, and flavors as a result of the evaporation of their moisture and because of the oxidation resulting from the contact of the juice or sap with the air. Vitamin C is rapidly lost from peeled or cut raw fruits and vegetables.

Overcooking sometimes causes potatoes, cauliflower, and other light-colored vegetables to turn dark. The chemical contents of the soil is not the same in all places. Hence the vegetables themselves may contain certain chemical elements, or the water in which they are boiled may contain such elements, that will cause them to turn dark even when cooked the proper length of time.

When potatoes, carrots, beets, turnips, etc., are not fairly uniform in size, they will not all cook in the same space of



1. Sealing ring. 2. Body seat. 3. Over-pressure plug. 4. Pressure indicator. 5. Handle. 6. Body.

The Plan of a Pressure Cooker

time. Hence it would be better to select tubers of reasonably uniform size, or else cut the larger ones into pieces about the size of the smaller ones, when it is necessary to cook both large and small ones together.

THE ADVANTAGES OF A PRESSURE COOKER

Cooking has been made simple, fast, and pleasant by the invention of the pressure cooker, which is nothing more than a scientifically constructed saucepan made more or less after the pattern shown in the accompanying drawing. Pressure cookers are made in several sizes for either cooking or canning. They are not very expensive and can be obtained in the leading stores where kitchenware is sold.

A pressure cooker saves labor, time, and fuel because it greatly speeds up the cooking process. It also saves the flavor, color, vitamins, and mineral salts of food that is being cooked.

In ordinary cooking methods much of the vitamin content of foods, particularly vitamin C, is lost through oxidation and long cooking. In a pressure cooker, the cooking is done free from air, thus eliminating oxidation.

By using a very small amount of water in the pressure cooker, the loss of vitamins and minerals is kept down to a minimum. Large quantities of water used in ordinary cooking tend to flood out much of the health-giving elements of foods.

Not only is fuel saved by reducing the time required for cooking, but when the pressure cooker has been heated to the cooking temperature required, the heat under the cooker is then reduced to the lowest level.

The color of such green vegetables as peas and beans, and yellow ones such as carrots and rutabagas, and many other vegetables, is preserved almost in its natural appearance by the pressure-cooker method. Flavors that would escape with the vapor into the air by ordinary cooking are retained in the food cooked in a pressure cooker.

One does not need to be educated or to acquire special skill in order to use a pressure cooker. It is simple and safe to use. The manufacturers usually furnish an illustrated booklet containing instructions and numerous recipes with each cooker sold.

Several different foods can be cooked seperately and at the same time in a pressure cooker without any intermingling of flavors or loss of color as a result of it. This is another reason why a pressure cooker saves work, time, and fuel in cooking.

For all kinds of boiling, the pressure-cooker method is the modern, scientific way to do it. Though a pressure cooker costs more than an ordinary saucepan, yet it will far more than make up the difference by saving labor, time, and fuel in cooking. Try it, and you will see for yourself.

When Choosing Food, Choose the Best.

Chapter 2

THE BEST FOOD FOR MAN

LEADERS in the science and art of feeding human beings stress the importance of the use of wholesome fruits, nuts, grains, and vegetables—properly prepared and correctly combined—as food. Interest in this phase of health conservation and improvement has so grown that millions of people have cut animal foods almost entirely from their diet, excepting only milk, cream, butter, and eggs. A Gallup Poll in 1944 showed that there were 2,800,000 vegetarians in the United States alone, exclusive of the armed forces. Now that various vegetable margarines of excellent quality are available at reasonable prices, animal butter is fast disappearing from the bill of fare of millions who are not vegetarians.

This interest in scientific vegetarianism finds a remarkable precedent in history to support it. According to the Holy Scriptures, neither human beings nor animals were flesh-eating creatures in the beginning. "Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat," said the Lord to Adam. "And to every beast of the earth, and to every fowl of the air, and to every thing that creepeth upon the earth, wherein there is life, I have given every green herb for meat." Genesis 1:29, 30.

The Holy Spirit adds: "And it was so." Verse 30. Thus the original diet of the human race consisted of fruits, nuts, and grains. After Adam sinned, and the ground was cursed because of it, man was permitted to eat also "the herb of the field." Genesis 3:18.

It was not until nearly seventeen centuries later, and soon after the Flood, that mankind was given permission by the Lord to use the flesh of animals as food. (Genesis 9:3.) The

Deluge had caused so much devastation to vegetation, and had so altered the conditions of the soil, that our Maker saw that it might be necessary at times for man to supplement his diet with flesh-meat.

However, this important restriction was made when the use of flesh as food was permitted: "But flesh with the life thereof, which is the blood thereof, shall ye not eat." Verse 4. Thus the blood of every creature slaughtered for food must be well drained from its flesh, and any that dies of itself, or by suffocation, or by strangulation is not fit to eat. The apostles, at the Council of Jerusalem, decreed that the ban against the use of blood as food was binding upon all Christians. (Acts 15:29.) This divine law has never been annulled.

When the Hebrews were delivered from Egypt, God planned to take from them the flesh diet to which they had become accustomed during their bondage. (Exodus 16 and Numbers 11.) But so perverted were their appetites, and so stubborn their hearts, that they "lusted exceedingly in the wilderness, and tempted God in the desert. And He gave them their request; but sent *leanness into their soul.*" Psalm 106:14, 15. Thus they failed to reach the high plane of physical, mental, and spiritual living that the Lord purposed for them.

In permitting the Israelites to use flesh as food, the Lord required them to limit it strictly to that of vegetarian animals. No scavenger and no flesh-devouring bird or animal was to be eaten. Hogs, in particular, were declared unfit for food. The only creatures in the waters that could be eaten were those having both scales and fins. (Leviticus 11 and Deuteronomy 14.) Neither the blood nor the fat of any animal could be used for food. (Leviticus 3:17.)

In the great judgment day Jesus will say to the redeemed: "Come, ye blessed of My Father, inherit the kingdom prepared for you from the foundation of the world." Matthew 25:34. According to this prophecy, God's original plan for the human race will be carried out in the future. When they inherit the kingdom prepared for them "from the foundation of the world," the righteous will live thereafter on a strictly vegetarian diet as God had planned for humanity in the beginning. There will not even be flesh-devouring animals there. The Lord says: "Behold, I create new heavens and a new earth: and the former shall not be remembered, nor come into mind. . . . The wolf and the lamb shall feed together, and the lion shall eat straw like the bullock: and dust shall be the serpent's meat. They shall not hurt nor destroy in all My holy mountain, saith the Lord." Isaiah 65: 17-25. (See also Isaiah 11:6-9.)

Thus flesh-meat, according to the Sacred Scriptures, never was and never will be the best food for man. The use of it for food began after sin entered this world, and it will be wholly abandoned when evil has been banished from the earth.

When one ponders the matter well, he recognizes that scientific vegetarianism is reasonable. The vegetable kingdom provides the food upon which both men and beasts subsist. Human beings and animals cannot take the elements directly from the soil and convert them into body tissue, but plants take them from the ground and make them into foodstuffs for us. Thus the inspired statement in Genesis 1:29, 30 rests upon a scientifically sound basis.

A sheep eats only vegetable matter, and converts it into mutton. The wolf that kills and eats a sheep gets his food second-hand. So also does a man who eats a sheep for food. But if a man should kill a cat, which often catches and eats small snakes, which eat lizards and frogs, which devour bugs and flies, which live on vegetable matter, he would get his food fourth-hand. So people who eat flesh-devouring animals get their food third-hand or even fourth-hand!

Because flesh-meat is a second-hand food, it lacks some of the very important vitamins and minerals that the human body needs. Hence dietitians urge people who live on a flesh-meat diet to eat liberal quantities of fresh fruits and vegetables in order to get all the vitamins and minerals that their bodies need.

Some erroneously suppose that a flesh-meat diet is necessary for a man to do hard work and to keep in good health. Those beasts which are strongest, have the greatest endurance, and do the greatest amount of hard work for us, are vegetarians. The elephant, camel, dromedary, horse, donkey, mule, ox, carabao, yak, reindeer, llama, etc., are not flesh-eating animals. Scientific tests have shown conclusively that good health, endurance, and strength for hard work can be better supplied by a vegetarian than by a flesh-meat diet. (See Irving Fisher, "Influence of Flesh Eating," in *Yale Journal of Biological Medicine,* March, 1907.)

The laboratory analyses of flesh-meats show that the tissues of even healthy animals contain toxic matter at all times. The bloodstream of the living organism is constantly at work removing from the cells the waste matter resulting from the body processes. Some of it is eliminated in the form of a poisonous gas by exhalation from the lungs. Some is discharged as a poisonous liquid through the kidneys and bladder. Some is eliminated as a poisonous liquid through the pores of the skin. When an animal is killed for food, these and other toxic substances in its tissues usually remain there to be eaten as a part of the flesh. And when taken into the human body, they have a harmful, and even a stimulating effect, upon it. They do not cause sudden death, but they act slowly as irritants, and tend to grossness of body, to animalism, and to intemperance. They pave the way for numerous physical, mental, and moral ills.

But if the slaughtered animal is sick or diseased at the time it is killed to be eaten, the toxic matter in its tissues is more abundant and harmful. If the disease is an infectious one, the menace to health is even more serious. Sickness among beasts is about as common as among humans, and many contagious diseases are communicated from animals to men. For this reason, in all civilized countries laws are enacted to control the sale of flesh-meats by rigid government inspection. But, like most other laws, these sanitary regulations are not always faithfully enforced, and sometimes they are deliberately flouted by unscrupulous persons. The newspapers frequently speak of "hot meat" (meat that has not been inspected and approved by the proper government authority) being brought into cities and sold to the unsuspecting public. The person who makes flesh-meat a regular part of his diet is seldom sure that he is not eating diseased meat.

It is said that when flesh-meat is well cooked, the disease germs in it are killed by the heat. Thorough cooking of meat does reduce the hazard of contagion from any living microbes in it. But he who eats the dead, cooked animal eats also the dead, cooked germs. And the toxic matter normally contained in the animal's tissues, plus those produced in its body by sickness, are also eaten with the flesh.

Some animals raised for food are fattened on filth, which increases the risk of the flesh being infected by disease and makes meat of the worst quality. They are often fed slop and refuse that no human being in his right mind would ever think of eating, and yet the creature which has thrived on the loathesome stuff is devoured as a delicacy! Pigs, chickens, and ducks are commonly allowed to run loose and feed on every filthy thing their fancy chooses, even to gobbling up any human excrement or dead rat found lying about on the ground. As so many families do not have sanitary toilets, it is altogether too common a practice for them to leave their fecal matter in places where the hogs and domestic fowls can get to it.

"In many places fish become so contaminated by the filth on which they feed as to be a cause of disease," Ellen G. White rightly notes. "This is especially the case where the fish come in contact with the sewage of large cities. The fish that are fed on the contents of the drains may pass into distant waters, and may be caught where the water is pure and fresh. Thus when used as food they bring disease and death on those who do not suspect the danger."—*The Ministry of Healing,* pp. 314, 315.

Even in rural areas we see streams of water polluted by filth. Towns and villages without sewage systems allow the rains to wash the filth from their yards and streets, and carry it away to nearby creeks and rivers. Too frequently the people in the country, having neither sanitary toilets nor proper garbage disposal, scatter their filth about upon the ground. When the rains come, it is taken, with its load of disease germs, by the streams to some lake or to the sea. At times the garbage, including the rotting carcasses of animals, is taken to a creek or river and deliberately disposed of by dumping into the stream. The people also bathe their dirty bodies, and wash their dirty clothes, in the streams. Their animals, particularly the pigs and carabaos, are allowed to wallow at pleasure in the streams. Thus the water of streams and lakes becomes so contaminated that it is not safe for a person to use it for drinking purposes. Nevertheless, the fish and other creatures living in those polluted waters are caught and eaten by human beings with relish!

The nation that looks chiefly to flesh-meat production as the solution to its problem of food supply has adopted an expensive program. It requires, in addition to ample pasturage, the consumption of enormous quantities of valuable grain by the livestock and poultry.

In 1917 war and blockade brought about a serious situation in Denmark. The country had only one third the amount of cereal to which it was accustomed. Dr. M. Hindhede, the eminent nutritionist, became food dictator, put the Danes upon a strict ration, and took control of food consumption by animals in order to conserve that needed for the people. His previous practical diet experiments during a period of many years had given him the knowledge necessary to handle this serious situation, regarding which he says:

"It seemed desperate, but the solution was nevertheless extremely simple. The fact merely was that both people and pigs could not live. In Germany the pigs were allowed to live, and therefore the people died. In Denmark we killed our pigs, and lived directly on the pigs' food—their barley and potatoes. We took all the wheat bran from the cows and put it in our whole-rye bread. The half of our bread consisted of bran. Moreover, we took the grains from the distillers, which left us without brandy and whisky, while the English deprived us of our coffee. Some doctors were angry and wrote that Hindhede put the people on pig food and hen food.

"Yes, I did. It was my intention to put my people on pig food, a natural diet, to show how foolish we humans have lived.

"The whole country was placed on a low protein diet. Believers in high protein suggested that the resistance against disease would decrease. My expectations were to the contrary. Who won? Well, the result was a great victory for the low protein diet. The state of health improved as never before. The doctors lost their business. The death rate went down during this period of rationing—October 1, 1917, to October 1, 1918—to 10.4 per 1,000, the lowest known death rate of any European country at any time."—*Proceedings of the Third Race Betterment Conference,* pp. 391, 392.

Dr. Hindhede says also: "Studies in Greenland and in Denmark show that for Eskimos the death rate at the prime of life is for men four times, for women three times, higher than for Danes. The Eskimos cannot therefore be used, or misused, as proof of the harmlessness of a meat diet. They appear strong and healthy, but the internal organs are probably ruined at an early age.

"Comparing the death rates of Denmark and Iceland 70 years ago, when the Icelanders were living largely on animal foods, the death rate was 50 to 100% higher in Iceland than in Denmark; but since the importation of cereals has increased, the difference in the death rate has dropped to 11%."

During World War II this interesting news item appeared in the press of the United States: "Unless feed production this year equals last year's crop, large scale liquidation of livestock may be necessary, with a consequent temporary oversupply of meat, followed by a real meat famine. But cereals and vegetables provide a cheaper, quicker source of actual human food values than do livestock and livestock products. Seven pounds of corn fed to a hog produce one pound of pork containing 1,900 energy units. The same seven pounds eaten as corn meal produce 11,900 energy units. That is why

PROTEIN CONTENT

Average Per 100 Grams of Each Food Listed

Animal Sources

Fish	20.12%
Poultry	18.00%
Veal	17.60%
Beef	17.35%
Mutton	16.40%
Egg yolk	16.05%
Lamb	15.00%
Egg, whole	12.57%
Milk, evaporated	6.38%

Vegetables Source

Beans, dry soy	39.80%
Watermelon seeds, dry	35.44%
Peanuts	32.40%
Seguidillas, green young pods	32.31%
Kadios, green shelled	24.38%
Beans, dry mongo	24.28%
Cashew nut	21.35%
Beans, green string	21.06%
Beans, dry	20.48%
Garbanzos	19.90%
Tokua	17.56%
Oatmeal	16.10%
Beans, green soy	16.00%
Wheat, whole-grain	15.72%
Pepper, green dry	15.50%
Noodles	11.70%
Coconut meat	10.69%
Bread, Graham	8.90%
Rice, average	7.00%
Soy sauce, best grade	6.56%

"When flesh is discarded, its place should be supplied with a variety of grains, nuts, vegetables, and fruits, that will be both nourishing and appetizing. This is especially necessary in the case of those who are weak, or who are taxed with continuous labor. In some countries, where poverty abounds, flesh is the cheapest food. Under these circumstances, the change will be made with greater difficulty; but it can be effected. We should, however, consider the situation of the people and the power of lifelong habit, and should be careful not to urge even right ideas unduly. None should be urged to make the change abruptly. The place of meat should be supplied with wholesome foods that are inexpensive. In this matter very much depends on the cook. With care and skill, dishes may be prepared that will be both nutritious and appetizing, and will, to a great degree, take the place of flesh food."—E. G. White, *The Ministry of Healing*, pp. 316, 317.

food officials are considering changing the pattern of farm production to take in more direct-consumption foods. A start was made this year with the official request to farmers to plant more soybeans, potatoes, and other direct foods."—*The National Week*, June 18, 1943, p. 13.

In the Philippines we usually have plenty of foods rich in carbohydrates and fats for our growing population, but there is often a shortage of protein in the diet of the average Filipino. The development of the *balut* and *bangos* industries has helped greatly to provide proteins from animal sources. However, more ought to be done to develop the various sources of vegetable proteins, and the people need to be taught how to use and appreciate them.

The word "protein" is of Greek derivation, and literally means something that "holds first place." The three principal kinds of food used by our bodies are (1) proteins, (2) carbohydrates, and (3) fats. Proteins provide most of the tissue-building material of the body. Carbohydrates furnish most of the energy-giving material for the body. Fats supply both energy-giving and tissue-building material. Minerals, vitamins, and water are also important food elements.

The proteins in animal flesh have been obtained from vegetable-protein sources. That is, the protein in flesh-meat is second-hand protein. Proteins vary in their nature according to the kind and quantity of amino acids and other things that combine to form them. Hence, what dietitians call "complete" proteins are found in milk, cheese, eggs, meat, green leafy vegetables, soy beans, garbanzos (chick peas), and most nuts. And "incomplete" proteins are found in cereals, fruits, vegetables, peas, beans, lentils. Food experts assume that at least one fourth of the protein intake of the body should be from the "complete" proteins.

Since protein is primarily a tissue builder, children need more of it in proportion to their size than do adults. In adults it serves mainly for keeping the tissues of the body in repair, but in children it is needed also for building up the body as it grows to its full stature. For example, a normal baby doubles its weight during its first six months. Science has found that the average adult needs about one gram (0.035 ounce) of protein daily for each kilo (2.2 pounds) of normal body weight. So if a man weighs 65 kilos (143 pounds), his protein requirement is 65 grams (2.28 ounces) a day. A hard-working man needs very little more protein a day, on the average, than does a man of sedentary habits. Sometimes a sick person, especially one suffering from a tissue-destroying malady, such as tuberculosis, needs more protein food than does an individual who is well.

One should avoid eating an excessive amount of protein, particularly that from animal sources. Dr. Irving Fisher of Yale University has pointed out that excess protein adds work to the liver cells, which may be injured by it. He says:

"Newburgh and Johnston at the University of Michigan were able to produce serious kidney damage in rats when 75% of the diet was in the form of protein from liver or beef muscle; but this same abnormally high amount of protein when taken from milk, wheat, soybeans or other seeds produced no harmful effects. The addition of urea was also without effect. They say: '. . . we were led to suspect that the pure protein in a diet does not harm the kidney, but that the nephropathy has its origin in the non-protein nitrogenous substances present in animal tissue—such as muscle and liver.'"—Article "Vegetarian Diet: Can It Be Adequate?" in *Life and Health,* May 1947, p. 8.

Milk, eggs, cheese, soybeans, and garbanzos, used along with fruit, vegetables, and cereals, constitute an adequate diet in so far as proteins are concerned. Dr. M. S. Rose of Columbia University says:

"One may use milk and navy beans as the chief sources of protein and have a mixture of excellent quality at less cost than milk alone; or one may choose porterhouse steak and have more efficient diet so far as protein is concerned (and less valuable in minerals and vitamins) at four or five times the cost of the beans and milk."—*Feeding the Family,* edition of 1940, p. 61.

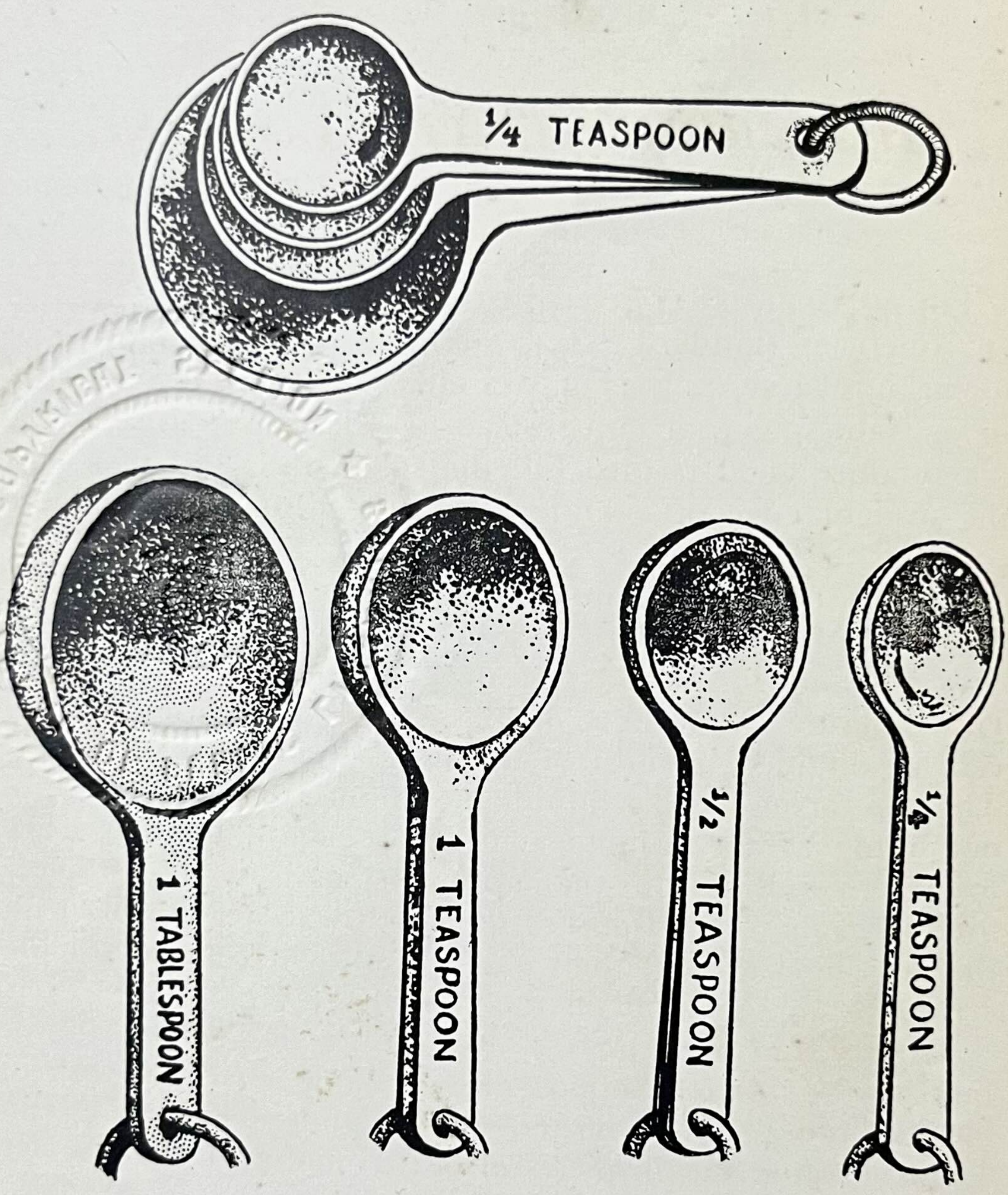
"Professor Borkholder of Yale University," reports *Life and Health,* "who has been making a study of possible meat substitutes for the last two years, recommends the following: soybeans, for they rival meat in protein and other food elements; soybean sprouts, for they have several times as much vitamin B complex as the bean itself and rivals tomatoes in vitamin C; the residue of cottonseed oil, for it is exceptionally rich in protein and vitamin B^2; peanuts, for they are a highly concentrated food and contain more protein per pound than sirloin steak plus more carbohydrates than a pound of potatoes plus one third the fat of a pound of butter; 'vegetable steaks,' for they are fully as rich as beef-steak in protein; yeast, for it is also a rich source of protein and vitamins."–April, 1944, p. 17.

When a person changes from a flesh-eating to a vegetarian diet, it is important that he get enough protein in his food. If he leaves off alcohol or tobacco, he does not need to put anything in their place, because these things are harmful and do not furnish any nourishment. But flesh contains protein, an essential food element; and if a person does not eat flesh-meat, he must eat other things that do contain the needed protein. If he does not give attention to this matter, sickness will result. A three-legged stool is not safe to sit on when one of the legs is broken. The health of the body depends to a great degree on three important things: (1) proteins, (2) carbohydrates, and (3) fats. If the proteins are eliminated from the diet, the body will surely suffer.

The fact that a good vegetarian diet, consisting of wholesome vegetable foods properly prepared and rightly combined, can supply all the needs of the human body does not mean that any and every vegetable product is an adequate substitute for flesh-meats. Here is where one must be careful. He must know which of the vegetable products are rich in protein and suitable as flesh-meat substitutes. He needs to know also how to prepare and combine them properly with other vegetable foodstuffs in such a way that his health will suffer no impairment whatever as a result of the elimination of the flesh of animals from his bill of fare.

154407

Bureau of Public Libraries
GOV'T PROPERTY
Filipiniana Div.


¼ TEASPOON
1 TABLESPOON
1 TEASPOON
½ TEASPOON
¼ TEASPOON

A set of standard measuring spoons for use in cooking usually consists of four. They are usually made of metal or plastic, and can be bought in a set of four, fastened together by a metal ring at the end of the handles. On page 30 are shown drawings of the two measuring cups. To cook well, one needs to learn to measure accurately.

Chapter 3

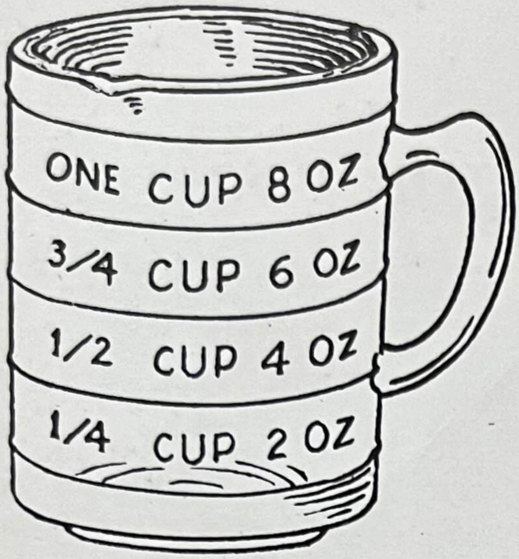
MEASUREMENTS FOR COOKING

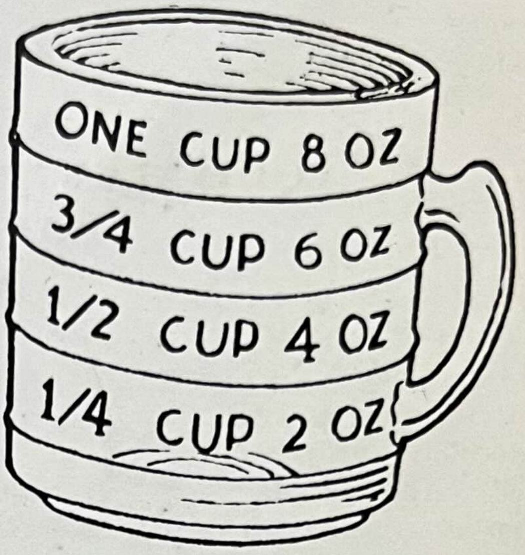
The measurements given in this book are level and based on American standards. To cook well, one needs to learn to measure accurately. For example, to use a heaping teaspoon, tablespoon, or cup instead of a level one usually will not produce good results. Fill the spoon full, and then pass the straight edge of a knife across the top to level off the contents.

A set of standard measuring spoons is needed in every kitchen. A set of two standard measuring cups, one for dry measures and one for liquid measures, is needed also. Made of either plastic, aluminum, or glass, these inexpensive articles can be obtained in most of the stores that sell kitchenware. The cup for measuring liquids should measure a cupful without filling to the brim, leaving space above the top mark to prevent spilling. But the cup for dry measure should measure full at the very brim. Fill the cup full to overflowing with the dry material, and then pass the straight edge of a knife across the top to level off the contents.

An easy and accurate way to measure lard, margarine or butter is as follows. Suppose, for example, that you wish to measure out $\frac{3}{4}$ cup of butter. Fill a standard measuring cup $\frac{1}{4}$ full of water. Put in pieces of butter, and push them under the water, until the water is level with the one-cupful mark. Pour off the water, and you have the desired quantity of butter.

On page 28 are shown drawings of a set of measuring spoons for the kitchen. These useful spoons are usually made of metal or plastic, and can be bought in a set of four fastened together by a metal ring at the end of the handles. On page 30 are shown drawings of the two measuring cups.





The drawing on the left shows a standard measuring cup for liquids. The one on the right shows a standard measuring cup for dry materials. On the opposite side of each cup are lines indicating the divisions in thirds of a cupful.

KITCHEN MEASUREMENTS

(American Standards)

1 pinch (or dash)	less than ⅛ teaspoon
45-50 drops	1 teaspoon
3 teaspoons	1 tablespoon
1½ dessert spoons	1 tablespoon
16 tablespoons	1 cup
2 cups	1 pint
2 pints	1 quart
4 quarts	1 gallon

MEASUREMENTS AND WEIGHTS

1 teaspoon of fluid	1/6 ounce (5 c.c.)
1 tablespoon of fluid	½ ounce (15 c.c.)
1 tablespoon of butter	½ ounce
1 tablespoon of sugar	½ ounce
1 tablespoon of flour	¼ ounce
1 tablespoon of cornstarch	⅜ ounce
1 cup of liquid	8 ounces (236 c.c.)
1 cup of flour	4 ounces
1 cup of butter	8 ounces
1 cup of sugar	8 ounces
1 cup of cornstarch	6 ounces
1 cup of corn meal	5 ounces
1 gram	0.03527 ounce

1 ounce	28.35 grams
1 kilo	2.20 pounds
1 pound	453.6 grams

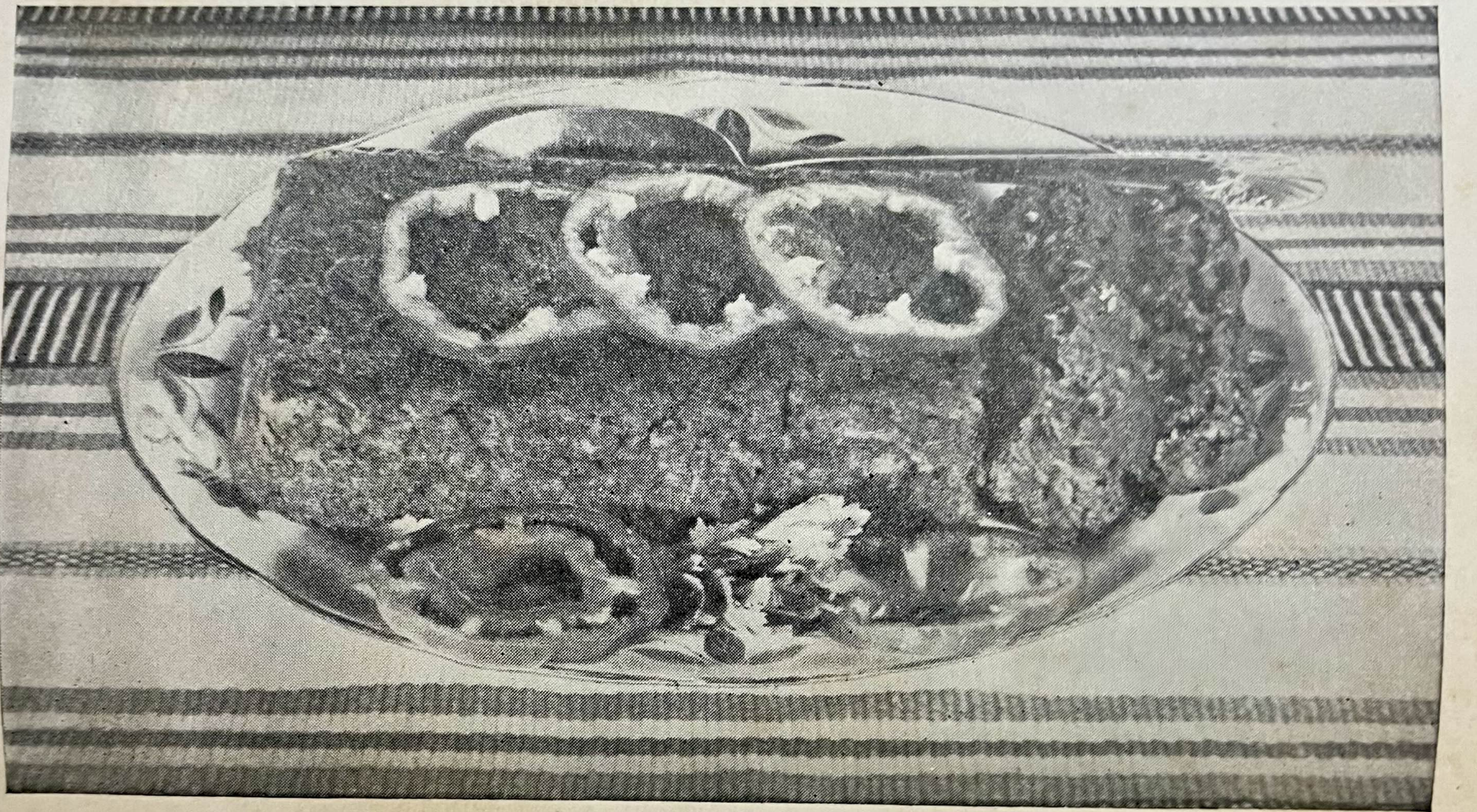
EQUIVALENTS TO ONE POUND

(Approximate)

Beans (dry)	2⅓ cups
Bread crumbs (dry)	8 cups
Butter (real)	2 cups
Cheese (dry, grated)	8 cups
Chocolate (unsweetened)	16 squares
Cocoa (powdered)	4½ cups
Cracker crumbs (dry)	6 cups
Dates	2⅔ cups
Eggs	8 to 10
Figs (chopped)	3 cups
Flour (cake)	4½ cups
Flour (Graham)	4½ cups
Flour (white)	4 cups
Flour (whole-wheat)	4 cups
Marshmallows	60
Meal (corn)	2 5/6 cups
Meal (rye)	4⅓ cups
Molasses	1¼ cups
Nuts (chopped)	3½ cups
Nuts (shelled)	4 cups
Oatmeal	2⅔ cups
Raisins	2⅔ cups
Rice (dry)	1⅞ cups
Vegetable fat	2½ cups
Sugar (brown)	2⅔ cups
Sugar (powdered)	2⅔ cups
Sugar (white, granulated)	2 cups

CAN MEASUREMENTS

No. 1 (tall)	2 cups
No. 1 (flat)	1 cup
No. 2	2¼ cups
No. 2½ (tall)	3¼ cups
No. 3 (vacuum)	2¾ cups
No. 5	6½ cups
No. 10 (1 short gallon)	12 cups



Tokua Loaf Is Good! (See Page 38.)

Chapter 4

PROTEIN DISHES

"THE MEAT WITHOUT A BONE"

SOYBEAN curd or cheese is known throughout the Far East as "the meat without a bone." In the Philippines we call it *tokua,* or *toho,* variations of its Chinese name, *tofu.* It is a soft, custard-like white cheese made of the coagulated casein of soybean milk. It is a good vegetable substitute for flesh-meats, because it contains a fair amount of protein of the highest quality. It is easily digested. When fresh, it is quite tasteless and watery; but when properly prepared and seasoned, it is delicious.

In making tokua, the soy milk is allowed to curdle. The curdling is usually produced by adding a small amount of mineral salt or acid to the milk. After the curds have formed, the liquid is strained off through a cloth, and the curds are pressed into a cake.

Fresh tokua does not keep long. Hence those who sell it keep it moistened with water. It can be kept better in a refrigerator.

SOY MILK

Method No. 1—Soak the dry soybeans in water 12 hours at room temperature, changing the water several times. Then grind the soaked beans into a fine paste, adding enough water during the grinding so that the mass will have 2 or 3 times the bulk of the beans. Then boil the bean paste so that it will foam for 1 hour, stirring it to avoid scorching. Then strain off the liquid through a cheesecloth. This liquid thus obtained is soy milk.

Note:—There are many varieties of soybeans, some harder than others. Hence better results may be obtained sometimes by letting the dry soybeans soak as long as 24 hours. The soaked beans may be ground in a food chopper, using a fine knife for the grinding. A fine sieve can be used for straining, but it is not as good as a cloth, which can be squeezed hard.

If the milk is to be used as a drink, add a small amount of salt and enough honey or sugar to sweeten it slightly. It can be kept several days in a refrigerator.

Method No. 2—Wash the dry soybeans and soak them in the water overnight. In the morning drain off the water, remove the skins, and grind the beans very fine. Then put the bean paste in a cheesecloth, as it were in a bag. Place the bag, with its contents, into a large vessel of lukewarm water, using 3 quarts of water for each pound of dry beans. Work the mass of bean paste thoroughly with the hands from 5 to 10 minutes, so that the water mixes with it well. Then wring the bag of bean pulp dry, letting the liquid drain back as milk into the vessel. Boil the milk 30 minutes over a low flame, stirring it constantly to avoid scorching.

Method No. 3—Soak 1 cup of dry soybeans in water overnight. Drain off the water, and run the soaked beans through a food chopper, using a fine knife. Add 6 cups of water to the ground beans, and bring the paste to a boil. Let it simmer 15 minutes, without scorching, and then strain it through a cheesecloth. The liquid thus obtained is soy milk.

Method No. 4—Mix gradually 1 cup of soybean flour with 4 cups of water, so that the paste is not lumpy. Let the mixture stand 2 hours, and then cook it for 20 minutes in a double-boiler. Strain off the liquid through a cheesecloth. The liquid thus obtained is soy milk.

TOKUA

Tokua may be made at home by allowing soy milk to sour and curdle. Commercial manufacturers use lactic, tartaric, or citric acid or salts to make it curdle quickly. But this is not necessary when a small amount is made for home use.

Set the soy milk in a warm place to sour and curdle. When it is thick with curds, cut it into chunks with a knife, place it in a pan, and heat it to boiling point. Then strain off the liquid through a cheesecloth, and wring the curds as dry as possible. Season them with a small amount of salt and soy sauce to taste. Press the curds into cakes, and keep them in a cool place until used. (The recipes for making soy milk are given on pages 33 and 34.)

Tokua can be served in many ways. It can be either eaten raw or cooked; fried, steamed, boiled, or baked; mashed, sliced, or diced; alone or in combination with many other foods. Although flabby and watery when raw, it takes on a firmer body when steamed or boiled in a cheesecloth.

TOKUA CUTLETS

Cut a cake of fresh tokua or *toho* in half lengthwise, and slice it crosswise into slices ½ inch thick. Dip the slices into beaten egg seasoned with salt. Then dip the sticky slices into bread or cracker crumbs, or corn meal, and fry them in a small amount of vegetable fat until they are brown. For variation, the slices may be placed on a well greased pan and baked until they are slightly brown. Serve them with tomato sauce.

TOKUA CROQUETTES—I

Tokua (mashed), 2 cups
Peanuts (roasted and chopped), ½ cup
Bread crumbs (dry), 2 cups
Egg, 1
Onion (chopped), 2 tablespoons
Green pepper (chopped), 2 tablespoons
Milk, 1½ cups
Paprika, ¼ teaspoon
Salt, 1 teaspoon

Mix the ingredients, and shape the mixture into croquettes. In a separate dish make a mixture of 1 beaten egg and 12 tablespoons of milk, and roll the croquettes in it. Then roll them in ½ cup of dry bread crumbs, and fry them in deep fat.

The object of rolling the croquettes in the mixture of beaten egg and milk is to make them sticky, so that when rolled in the dry bread crumbs, these will stick to them. The ½ cup of dry bread crumbs ought to be spread out on a flat plate, pan, or board when the croquettes are rolled in them.

TOKUA CROQUETTES—II

Eggs (hard-boiled), 2
Egg (well beaten), 1
Onion (grated), to taste
Tokua (grated), 1 cup
Vegetable fat, 2 tablespoons
Salt, to taste
Sage, to taste

Separate the yolks of the hard-boiled eggs, and rub the yolks through a sieve. (Do not use the whites of the hard-boiled eggs in this recipe.) Mix all the ingredients well, and shape the mixture into croquettes. Roll them in bread or cracker crumbs, and then brown them in deep vegetable fat. Serve them with parsley and fresh, sliced tomatoes.

TOKUA CROQUETTES—III

Green pepper (chopped), 2 tablespoons
Onion (chopped), 4 tablespoons
Eggs (beaten), 2
Celery (chopped), 4 tablespoons
Tokua, 2 cups
Oatmeal (uncooked), ½ cup
Salt, to taste

Mix all the ingredients thoroughly. Shape the material into patties, roll them in flour, and brown them by frying in vegetable oil.

TOKUA FRICASSEE

Tokua, 7 cakes
Tomatoes (big), 3
Potatoes, 3
Bread crumbs, 3 cups
Vegetable fat, 2 tablespoons
Water, 1 cup
Onion, 1
Garlic, as desired
Red pepper (sweet, chopped), 1
Green pepper (sweet, chopped), 1
Soy sauce, 2 tablespoons
Vetsin, 1 teaspoon
Salt, to taste

Dice the potatoes, and fry them. Sprinkle the tokua with salt, and fry it till it turns a golden brown. Then cut it into pieces of the desired size. Saute the garlic, onion, and tomatoes. Then add the soy sauce and tokua. Cover the mixture, and let it boil a few minutes. Add 1 cup of water (or rice water), salt, peppers, and the fried potatoes. Boil the mixture a few minutes, and thicken it with the bread crumbs. Serve it hot.

TOKUA SIMPLE

Tokua (soft *toho*), 2 cakes
Onions (large), 2
Soy sauce, 1 cup
Juice of 6 to 8 limes
Vetsin, 1 tablespoon

Cut the tokua into strips, and sprinkle them well with salt. Mix the salt in well. Then fry the pieces in deep vegetable fat. Saute the sliced onions in the sauce and lime juice, and add the tokua to the mixture. Add the vetsin.

TOKUA BALLS

Tokua, 1 large block
Salt, 1 teaspoon
Native celery, 1 small bunch
Eggs (beaten), 2
Oatmeal (cooked), 1½ cups
Onion (medium-size), 1
Soy sauce, 1 tablespoon
Bread crumbs, ½ cup

Wash the block of tokua, and mash it fine. Fry the onion (finely chopped) in 2 tablespoons of vegetable oil until it is light brown. Add the mashed tokua, and let it simmer 15 minutes. Season it. Remove it from fire, and let it cool. When it is cool enough, add the beaten eggs and native celery (chopped), bread crumbs, and oatmeal. Form the mixture into patties, and fry them in hot vegetable fat until they are golden brown.

TOKUA ROAST

Tokua (mashed), 1 cup
Bread crumbs, 1 cup
Peanuts (roasted), ¼ cup
Onion (chopped), 1 teaspoon
Vegetable fat, 3 tablespoons
Seasoning, ½ teaspoon
Salt, 1 teaspoon

Brown the onions in the vegetable fat. Add the tokua, followed by all the other ingredients. Mix them well, and bake the mixture in a baking pan. If you do not have an oven, form the mixture into balls and fry them till they are brown.

TOKUA LOAF—I

Tokua, $\frac{3}{4}$ pound
Mayonnaise, 3 teaspoons
Lime juice, 3 teaspoons
Egg yolks (hard-boiled, mashed), 3
Salt, to taste
Soy sauce, 1 teaspoon

Mix the ingredients well, and bake the mixture in a moderate oven until it is brown.

TOKUA LOAF—II

Tokua (mashed), 1 cup
Rice (boiled), 1 cup
Green peas (canned), 2 cups
Onion (chopped), 2 tablespoons
Vegetable fat (melted), 2 tablespoons
Parsley (chopped), $\frac{1}{2}$ cup
Bread crumbs (dry), 1 cup

Combine the ingredients, mixing them well. Then shape the mixture into a roll. Place the roll in a baking dish oiled with vegetable fat, and bake it at 350^{0} Fahrenheit for 1 hour.

ROYAL TOKUA CHEESE

After the tokua has been boiled and cooled, mash it with a fork and add salt to taste, a bit of grated raw onion, and some finely cut parsley, mixing them thoroughly. Serve the mixture as a protein salad. It makes a good sandwich filling, too.

TOKUA TOCHO

Tokua, 1 medium-size
Tahuri, 1 cube
Black beans (salted), 2 tablespoons
Garlic, 2 cloves
Tomatoes, 2
Onion, 1
Vegetable fat, as needed
Lime juice

Fry the tokua in slices, and then cut the slices into small pieces. Saute the garlic, onions, and tomatoes. Add the tahuri, mashing it till it dissolves. Add a little water. When the mixture comes to a boil, add the pieces of tokua. Serve it when it is done, with lime juice on it.

TOKUA CHOP SUEY

Tokua (diced), 3 cups
Vegetable fat, 4 tablespoons
Onion (grated), 1½ cups
Celery (chopped), 1½ cups
Water, 1 cup
Soy flour, 2 tablespoons
Bean sprouts, 1½ cups
Soy sauce, 3 tablespoons

Brown the tokua in the vegetable fat. Boil the onion, celery, soy sauce, and water together till they are partly cooked. Then add this to the tokua, and cook the mixture 5 minutes. Mix the soy flour with a small amount of the liquid, and add it to the mixture in the pan. Add next the bean sprouts, cover the pan, and cook the mixture 5 minutes.

PROTOSE

Flour (browned to a golden brown), 1 cup
Water, 1 cup
Salt, 1 teaspoon
Peanut butter, 2 cups
Tomatoes (strained), 3 cups
Chopped onion, as desired

Mix the peanut butter and water together thoroughly. Add the flour and tomato juice alternately. Add the salt and the onion. Steam the mixture in a double boiler 5½ hours. Let it cool and turn it out onto a plate. Slice it and serve it cold. The slices may be fried and served with tomato sauce or some other gravy.

PEANUT BUTTER

Peanut butter is made of roasted peanuts and nothing else. Shell the raw peanuts, and roast them slowly, being careful not to let them burn or get too brown. When they are roasted, remove the red skins on the outside by gently rubbing the peanuts with the fingers. Then grind the peanuts very fine in a food grinder.

The oil in the ground peanuts is sufficient to convert them into a thick, butter-like paste. This paste is the peanut butter. Put this butter in a covered glass jar for use as needed.

If a thinner butter is desired, dilute it with a small amount of cold water or milk, adding a little at a time while stirring constantly till a smooth paste of the desired thickness is made. But do not dilute any more of the peanut butter than you will eat at one time, because the diluted paste does not stay sweet very long.

SIMPLE NUTOSE

Peanut butter, ¾ cup
Onion (ground), 4 teaspoons
Vegetable fat, 2 teaspoons
Bread crumbs (toasted), 1 cup
Sage, 1 teaspoon
Salt, 1 teaspoon

Mix the peanut butter with warm water until it has the consistency of whipped cream. Cook the onion in the vegetable fat until soft. Moisten the bread crumbs with water. Combine all ingredients, and mix them well. Put the mixture into a double boiler, and steam it 2 to 3 hours.

STARTER FOR MAKING COTTAGE CHEESE

Potato (medium), ½
Milk, 1½ tablespoons
Bread (white), 1 slice

Boil the potato in its skin. Then remove the skin, peeling it off as thin as possible. Remove also the crust from the slice of bread. Mash together the peeled potato and the soft bread, and add the milk. Set the mixture aside in a warm place, and let it stand until it sours—about 70 hours. This starter is to be used in making cottage cheese from either evaporated or powdered whole milk. (For instruction about how to keep the starter going once it has been made, see the following recipe for Cottage Cheese.)

COTTAGE CHEESE

Powdered whole milk, 2 cups
Starter, 8 tablespoons
Hot water (not boiling), 8 cups

Mix well the powdered milk and hot water, using either an egg beater or a large fork for the purpose. (If evaporated milk is used instead of powdered milk, then use only 2 cans of milk and 4 cups of hot water.) Add the starter to the milk, stirring it in well. Put the milk in a large bowl, set it aside in a warm place, and cover it. Let it stand until the milk clabbers (or curdles) and becomes sour—about 24 hours.

When the milk has clabbered, remove 8 tablespoons of it to be kept for use as a new starter. This new starter should be kept in a clean, covered jar in a cool place. It probably will not keep more than 3 days without refrigeration. This can be used at once without waiting 70 hours as in the case of the original starter described on page 40.

Having taken out the amount needed for the next starter, set the bowl of clabbered milk in a larger vessel having a few inches of hot water in the bottom. As the water surrounding the bowl of clabbered milk is heated, but not allowed to boil, stir the clabber a little from time to time so that the heat will penetrate the whole mass. The clabber will form into curds, and these will gradually separate from the whey. When it appears that the curds are fully separated from the whey, then pour the mass into a sieve or colander lined with a white, clean, porous cloth, so that the liquid will be strained off. Leave the curds in the sieve a few minutes for the whey to drain off. Then lift up the edges of the cloth, so as to form a bag around the curds, and squeeze it with the hands to press out the liquid that remains. The dry curds that remain in the cloth are the cheese. Put the curds in a bowl, and mash them with a fork, but not too fine. As you mash the curds, add 1 teaspoon of salt, 1 tablespoon of vegetable margarine, and enough undiluted evaporated milk to make the cheese slightly creamy but not mushy.

The cheese may be eaten plain, or used as a spread for making sandwiches. For variation, add to it a bit of minced sweet green pepper, diced cucumber, grated onion, or minced green onion. It is very delicious when served on a quartered or sliced tomato.

GLUTEN

Mix 8 cups of white flour made of hard wheat, which contains a higher percentage of gluten than do other kinds, with

2½ to 3 cups of water to make a very stiff dough. Knead the dough well, and form it into a ball. Place it in a large kettle or bowl, and cover it with cold water. Let is stand ½ hour, or even overnight, in the water. Wash out the starch by kneading the dough with the hands in the water, being careful to keep the dough together. Pour off the starchy water frequently, and continue the washing until the water stays almost clear and the gluten is a grayish, rubbery mass. (If you have running water, the washing process is easier, for you can hold the ball of dough under the stream of slowly running water, until it is quite clear when it runs off.) This gluten can be cut into slices ½ inch thick with a pair of scissors or a sharp knife. If you do not wish to boil it immediately, it can be stored in a jar in the refrigerator until needed.

GLUTEN STEAKS–I

Boil the raw gluten from 1 to 1¼ hours. When it is put on to boil, add the following seasonings to taste: soy sauce, celery salt, sage, thyme, and salt. After the gluten is boiled, cut it up into small chunks, and beat each of them out into thin steaks for frying. Beat them out on a board, using your fists to do it. Then dip the steaks in a beaten-egg batter; roll them over in cracker crumbs, bread crumbs, or common flour; and fry them until they are golden brown.

GLUTEN STEAKS–II

Gluten from 4 cups of flour
Onion (large), 1
Vegetable fat, 1 tablespoon
Soy sauce, 3 tablespoons
Potato water, 5 cups
Celery (chopped), 1 cup
Tomato juice, ⅓ cup

Prepare a broth by braising the onion in the vegetable fat. Add the tomato juice, the soy sauce, and the celery. Bring the mixture to a boil, and add the gluten cut into slices about ½ inch thick. Cover the vessel, and boil the gluten pieces slowly in the liquid 1 hour, or till nearly all the liquid has evaporated. Squeeze out the excess liquid. Dip the pieces of stewed gluten into beaten egg, to which a little soy sauce has been added. Roll them in cracker or bread crumbs, and brown them lightly on both sides in a small amount of vegetable fat. The liquid that remains from the stewed gluten can be thickened with a little flour and used as a gravy.

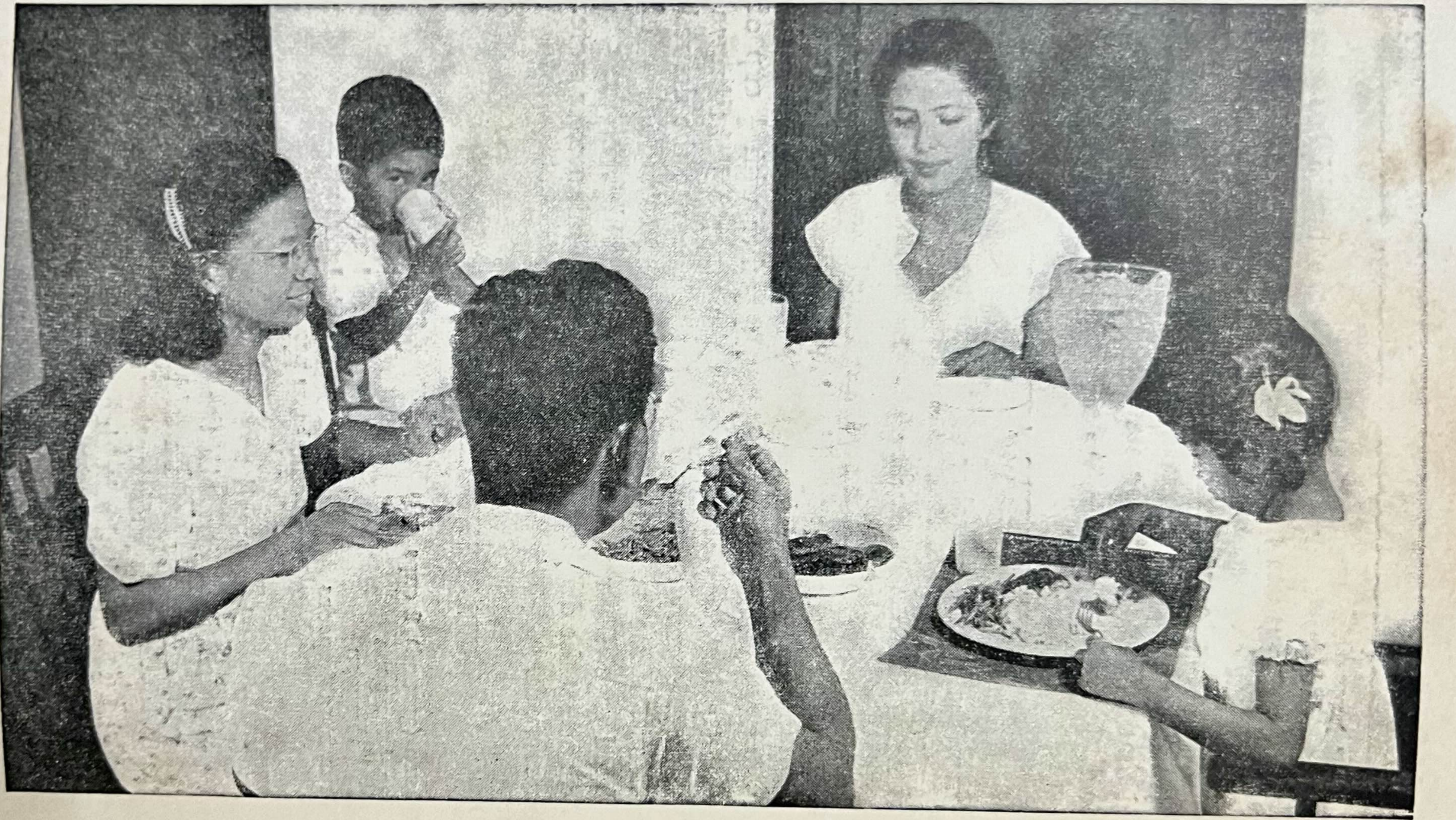
STEAKLETS AND GRAVY

Brown the desired number of vegetarian steaklets in a frying pan, with a bit of soy sauce. Then arrange them in layers in a casserole, with some sliced onion between the layers. In the frying pan in which the steaklets have been browned, put 1 heaping tablespoon of vegetble fat, and in it brown 1 heaping tablespoon of white flour, stirring it constantly. Then add the liquid from the can of steaklets, together with ½ cup of water and a little soy sauce to give the gravy a light brown color. Stir the gravy constantly until it thickens to the desired consistency. For a variation in the taste, add ½ teaspoon of powdered sage. Pour the gravy over the steaklets in the casserole, and set the dish in the oven to bake 30 minutes or more. Then serve it.

GLUTENBURGER PATTIES

Gluten (ground), 2 cups
Sage, ¼ teaspoon
Salt, ¼ teaspoon
Flour, 2½ tablespoons
Eggs, 2
Onion (chopped fine), 1
Soy sauce, 1 teaspoon
Vegetable fat, as needed
Bread crumbs, as needed

Fry the onion in a small amount of vegetable fat, and add the soy sauce. Combine all the ingredients, mixing them well. Drop the mixture from a tablespoon onto bread crumbs, coating each of them sufficiently with crumbs to be able to transfer it by hand to the baking pan. Put them in the oiled pan, and bake them in a moderate oven about 20 minutes, or until they are firm. Remove the pan, and brush the top of



Good Food Is Essential to Good Health.

the patties lightly with oil. If they are not yet brown, return them to the oven till they are.

Suggestions: Serve patties in buns, sandwich-like, with either mayonnaise, or with tartar sauce, or plain. They can be served also with minced or sliced onions and pickles, slices of tomato, a leaf of lettuce, or with other favorite sandwich accompaniments.

MOCK CHICKEN

Vegetable fat, 1½ tablespoons
Flour, 4 tablespoons
Eggs, 4
Milk, ½ cup
Tomatoes (cooked), 1 cup
Salt, to taste
Sage, a pinch
Onion (large, finely chopped), 1

Fry the onion, 2 of the egg whites, and the flour together until they are real brown. The success of the recipe depends on getting them brown enough. Cook them with constant stirring until the mixture all but burns. Add the 2 egg yolks, the 2 remaining eggs, and the milk to the mixture. Cook it until it thickens in the frying pan, and then add the salt, sage, and tomatoes. This is good for making sandwiches.

MOCK-CHICKEN POTPIE

Potatoes (boiled, diced), ½ cup
Carrots (boiled, diced), ½ cup
Onions (boiled, sliced), ½ cup
Cabbage (boiled, chopped), ½ cup
Tokua (browned, diced), 1 cup
Egg (hard-boiled, diced), 1
Vegetable fat, 3 tablespoons
Flour, 1 tablespoon
Tomato sauce (or juice), 1 cup
Salt, to taste

The vegetables may be boiled together until they are tender. Drain off the broth and save it for use in making this dish. Add the tokua, egg, and salt, to the vegetables. Line a baking dish with pastry. Pour into it the mixture of vegetables, tokua, and egg. Make a thin gravy out of the vegetable fat, flour, vegetable broth, and tomato sauce. Pour this gravy over the mixture in the baking dish. Place on top of the mixture several round biscuits made from the pastry dough. There should be enough gravy to cover the vegetables. Bake the pie in the oven until the top turns a golden brown.

MOCK-CHICKEN DRUMSTICKS

Potatoes (mashed), ½ cup
Bread crumbs, ⅔ cup
Egg (hard-boiled, finely chopped), 1
Onion (chopped), ¾ cup
Sage, 1 teaspoon
Peanuts (chopped), ½ cup
Egg (beaten), 1
Rice (boiled), 1 cup
Salt, to taste
Vegetable fat, as needed

Brown the onions in vegetable fat with the sage. Mix all the ingredients together thoroughly. Shape the mixture into the form of chicken legs, using a stick of macaroni as the bone for each leg. Roll the drumsticks in bread crumbs, and egg batter, and fry them in deep vegetable fat or in a skillet.

MOCK DEVILED HAM

Bread crusts (heels), 10 to 15
Peanut butter, 1 cup
Eggs, 4
Onions (small), 2
Cornstarch, 6 tablespoons
Tomato soup, 3 cups
Sage, 1 tablespoon
Milk, ⅔ cup

Soak the bread crusts in enough water to soften them, and add the onions (chopped fine). Mix the cornstarch, milk, peanut butter, and tomato soup together thoroughly. Add to this mixture the bread crusts, the eggs (beaten), and the sage. Mix the ingredients well. Steam the mixture in an oiled tin can set in boiling water inside a covered kettle.

MOCK-SALMON ROAST

Carrots (raw, grated), 1½ cups
Rice (cooked), 1 cup
Milk, 1 cup
Egg, 1
Vegetable fat, 2 tablespoons
Onion, 1
Sage, to taste
Salt, to taste
Peanut butter, 1½ cups

Mix well the milk and peanut butter. Then combine all the ingredients together, mixing them thoroughly. Bake the mixture in a pan until it is brown.

MOCK-MEAT LOAF

Bread (soaked), 1½ cups
Salt, 1 teaspoon
Sage, 1 teaspoon
Peanut butter, ⅔ cup
Bay leaf, ½
Tomatoes (sieved), ½ can
Cornstarch, 3 tablespoons
Egg, 1
Onion (small), 1

Mix the ingredients together thoroughly. Steam the mixture in a double boiler 4 hours. Then let it stand until it is cool. Eat it cold, or slice it and fry it.

Bureau of Public Libraries
GOV'T. PROPERTY
Filipiniana Div.

MEATLESS MEAT BALLS

Peanuts (roasted), 1 cup
Cracker crumbs (dry), 1 cup
Eggs, 3
Garlic, 2 cloves
Onion (medium-size), 1
Green pepper (small), 1
Salt, 1 teaspoon
Sage, 1 tablespoon
Tomato soup (canned), 2 cups

Grind the peanuts, cracker crumbs, garlic, onion, and green pepper through a food grinder. Add the eggs (beaten), salt, and sage, and mix them all thoroughly. Form the mixture into 8 small balls. Brown them quickly by frying in hot deep fat. Place them next in a baking dish, and pour around them the tomato soup (diluted slightly). Heat the dish in a moderately heated oven 45 minutes.

OATMEAL HAMBURGERS

Oatmeal flakes, 1 cup
Peanuts (roasted, ground), 1 cup
Milk (canned), 3 tablespoons
Onion (medium, minced), 1
Eggs, 2
Salt, to taste
Sage, to taste

Beat the eggs, and combine all the other ingredients with them. Drop the mixture from a spoon to form small patties in a frying pan, and brown them on both sides in hot vegetable fat. Cover them with water and soy sauce, and let them simmer from 45 minutes to 1 hour on top of the stove or in the oven. The recipe provides for 8 patties.

MEATLESS LOAF

Brown beans (boiled), 4 cups
Rice (steamed), 1½ cups
Onion (small), 1
Parsley (chopped), 2 tablespoons
Eggs, 1 to 3
Vegetable fat, 3 tablespoons
Salt, ½ teaspoon
Sage, ½ teaspoon

Put the cold boiled beans through a food chopper or mash them well. Beat the eggs slightly. Mix together all the ingredients and put the mixture into a well greased baking dish. Bake it 30 to 40 minutes. Serve it with tomato sauce.

MOCK HAMBURGERS

Oatmeal flakes, 2 cups
Eggs (beaten), 3
Bread crumbs (fresh, dry), ½ cup
Onion (large and diced), 1
Soy sauce, 1 teaspoon
Salt, to taste
Sage, to taste
Marjoram (diced), ¼ teaspoon
For the broth:
Tomato soup broth, 1 can
Water, 1 cup
Soy sauce, 1 tablespoon
Salt, to taste
Thyme (dried), a pinch

Fry the onion and the marjoram (if desired) in a little vegetable fat until soft. Beat the eggs together with the soy sauce, and mix all the ingredients thoroughly. Shape the mixture into small balls for frying in vegetable fat in a deep skillet until they are nicely browned. (Oatmeal flakes are often called "rolled oats.")

Make the broth by mixing all the ingredients indicated for it, and set it on the fire to boil.

Pour the boiling broth mixture around the balls, and let them cook in it very slowly until almost all the liquid is absorbed. It takes about 1 hour to cook them.

Fresh or canned tomato juice may be used instead of canned tomato soup, if desired. In such a case, use more juice and less water, or no water at all.

ROYAL GARBANZO STEW

Garbanzos (dry), 1 cup
Onion, 1
Eggs, 2
Vegetable fat, as needed
Egg noodles (uncooked), ¼ pound
Vetsin, ½ teaspoon
Salt, to taste

Soak the garbanzos in water overnight. On the next day boil them, in enough water to cover them, until they are tender. Dice the onion, and add it to the garbanzos at the time that they are put over the fire to cook. About $\frac{1}{2}$ hour before the time to serve the garbanzos, scramble the eggs in a frying pan, allowing them to brown slowly. Add the eggs, the noodles, vetsin, and salt to the garbanzos. If there is not enough liquid in the garbanzos to cook the noodles well, add the extra water needed before the noodles are put into the kettle.

SALTED ROASTED SOYBEANS

Soak the soybeans overnight. Drain off the water. Then boil them 1 hour in salted water, and drain them. Spread them out in a shallow pan, and roast them 30 minutes in a moderate oven, or until they are well done. While they are warm, sprinkle salt over them. They are becoming as popular as salted roasted peanuts in some countries.

SOYBEAN SPROUTS

Select a vessel with a cover and with holes in the bottom for drainage. It ought to be large enough to allow the dry beans to increase in bulk to about 6 times their size. Soak the dry beans overnight. Then set them in the container, and put it in a warm place. Flood it with warm water 4 or 5 times each day during the sprouting period, which lasts from 5 to 6 days. Then use the sprouts as a green vegetable, which may be served either raw or cooked.

GREEN SOYBEANS

Put the freshly picked beans (in pods) in a large pan, and cover them with boiling water. Let them stand thus on the stove 5 minutes, and then drain off the water, and cover them with cold water. Remove the beans from the pods, cover them with boiling water, and let them simmer in a covered vessel until they are tender. Add whatever seasoning may be desired.

WHITE BEANS

White beans (dry), 1 cup	**Salt, 1 teaspoon**
Water, 4 cups	**Vegetable fat, 1 tablespoon**

Wash the white beans, and pick out the bad ones. Soak the beans 2 or 3 hours, or overnight. Boil them in the 4 cups of water, with the salt and vegetable fat added. If beans less juicy are desired, then use less water. Lentils, kidney beans, lima beans, mongo beans, garbanzos, and other such legumes may be prepared in the same way as white beans. A bit of onion, tomato, diced potato, or diced, browned tokua may be added for variation.

BEAN STEW

White beans (small), 1 cup	**Onion (chopped), 3 tablespoons**
Vegetable fat, 1 tablespoon	**Salt, to taste**
Tokua (diced), ½ cup	**Tomato (small), 1**

Soak the dry beans in water until they have swollen. Drain off the water, and boil them, with the vegetable fat and salt, in the 2½ cups of water until they are tender. When the beans are nearly done, brown the pieces of tokua in vegetable fat in a frying pan. Then add them, the tomato, and the onion to the beans, and let the mixture boil from 10 to 15 minutes. For variation, add 1 cup of diced potato to the beans when the tokua is added to them.

GRAND BEAN STEW

White beans (small), 1 cup	**Vegetable fat, 1 tablespoon**
Onion (chopped), 3 tablespoons	**Tomato (small, chopped), 1**
Potato (diced), 1 cup	**Salt, to taste**

Gluten steak (diced), 1 cup

Soak the dry beans until they are swollen. Drain off the water. Then boil them, with the vegetable fat and salt, in 2½ cups of water until they are tender. Brown the diced gluten steak in vegetable fat in a frying pan, and add it, the tomato, onion, and potato to the beans. Let the mixture cook from 10 to 15 minutes.

LENTIL CHEESE

Milk (evaporated), ½ cup
Lentils (mashed), 1 cup
Bread crumbs, 1 cup
Eggs, 3
Salt, 1 teaspoon
Vegetable fat, 1 tablespoon
Sage, 1 teaspoon

Add the milk to the bread crumbs and mashed lentils. Let the mixture stand a few minutes. Then add the egg yolks and seasoning. Add the beaten egg whites. Steam the mixture 2 or 3 hours.

LENTIL PATTIES

Lentils (cooked and drained), 2 cups
Onion (chopped), 3 tablespoons
Sage, ½ teaspoon
Potatoes (mashed and seasoned), 2 cups
Vegetable fat, 2 teaspoons
Soy sauce, ½ teaspoon

Simmer the onion, vegetable fat, and sage in a frying pan a few minutes, but do not let them brown. Add the other ingredients, and mix them together. Shape the mixture into patties, and brown them lightly either in a quick oven or in an oiled skillet.

SAVORY LIMA BEANS

Green pepper (minced), 3 tablespoons
Lima beans (boiled), 2½ cups
Onion (minced), 2 teaspoons
Tomato sauce (or strained tomato), 1 cup
Vegetable fat, 1 tablespoon

Heat the vegetable fat, and add to it the onion and green pepper. Cook the mixture over moderate heat 5 minutes. Add the tomato sauce, and cook the mixture 5 minutes more. Add the lima beans, and let the mixture simmer over a low fire until it is thoroughly heated.

CHEESE-BEAN ROAST

Kidney beans (cooked), 2 cups
American cheese, ½ pound
Onion (chopped), 4 tablespoons
Vegetable fat, 3 tablespoons
Eggs (beaten), 2
Bread crumbs (soft), 1½ cups
Tomato sauce, 1¼ cups
Salt, to taste

Drain the beans well, and put them and the cheese through a food grinder. Brown the onions in vegetable fat. Combine the bean-and-cheese mixture with the onion and beaten eggs. Lightly fold the mixture into the bread crumbs, seasoning it to taste. Pour it into a well greased baking pan, and bake it at about 350⁰ Fahrenheit for about 1 hour. Remove it from the mold, slice it, and serve it with tomato sauce.

SAVORY LOAF

Peanut butter, 1 cup
Brown rice (cooked), 2 cups
Soy sauce, 2 tablespoons
Onions (medium-size), 3
Garlic, ½ clove
Eggs, 2
Sage, ½ teaspoon
Salt, 1 teaspoon

Raw peanut butter is preferable because its flavor is not as strong as that of roasted peanuts. Grind the onions and garlic through a food chopper. Add the peanut butter, and mix it well with the onions and garlic. Add next the cooked rice, eggs (beaten), salt, and sage. Oil a shallow pan and line it with cracker or bread crumbs. Put the mixture in this pan and bake it for 45 minutes at 375⁰ Fahrenheit. Serve it with a savory gravy.

RICE AND PEANUT LOAF

Rice (boiled), 1 cup
Egg, 1
Onion (chopped), 2 tablespoons
Peanuts (crushed), 1 cup
Tokua (mashed), 1 cup
Vegetable fat, 1 tablespoon
Salt, 1 teaspoon

Combine all the ingredients. Bake the mixture in a baking pan at 350⁰ Fahrenheit 30 minutes. Or form it into croquettes and fry them.

PEANUT RICE

Rice, ¾ cup
Tomatoes (cooked), 2 cups
Peanuts (raw), ½ cup
Green pepper (chopped), 4 tablespoons
Onion (chopped), 4 tablespoons
Celery (chopped), ½ cup
Salt, 1 teaspoon
Vegetable fat, 3 tablespoons
Water, 1 cup

Wash the rice thoroughly. Melt the vegetable fat in a skillet, and add to it the onion and green pepper. Cook them till they are done. Add all of the other ingredients, cover the skillet, and let the mixture simmer about 40 minutes. When it is done, serve it warm.

PEANUTOLA

Peanut butter, 1 cup
Tomato juice, 1 cup
Cornstarch, ½ cup
Salt, to taste

Mix all the ingredients together, and boil the mixture until it is thick, in a double boiler. If preferred, it can be put in a pan and baked in an oven until it is as thick as a pudding. When cool, loosen around the edges with a knife, and turn the loaf out on a platter. It can then be sliced and served. The slices can be served like cold meat, or in sandwiches, or diced for use in vegetable salad. They can be browned in a frying pan and served hot.

PEANUT ROAST—I

Peanut butter, 1 cup
Potatoes (boiled and mashed), 1 cup
Sage, to taste
Bread crumbs (toasted), 1 cup
Salt, to taste
White beans (dry, cooked, and ground), 1 cup
Milk, 1 cup
Eggs (beaten), 2

Mix the ingredients together thoroughly, and bake the mixture in a moderately heated oven.

PEANUT ROAST—II

Rice (cooked), 2 cups
Peanuts (roasted and ground), 1⅓ cups
Bread crumbs (dry), ⅔ cup
Salt, 2 teaspoons
Vetsin, ½ teaspoon
Onion, 1
Vegetable fat, ⅓ cup
Milk, ⅓ cup

Mix the ingredients, and bake the mixture. If preferred, it can be shaped into patties and fried slowly, browning them on both sides.

MEATLESS LOAF

Egg, 1
Rice (cooked), 1 cup
Onion (chopped), 2 tablespoons
Peanuts (crushed), 1 cup
Tokua, 1 cup
Vegetable fat, 1 tablespoon
Salt, 1 teaspoon

Combine all the ingredients, mixing them well. Bake the mixture in a loaf, at a temperature of 350° Fahrenheit for 30 minutes. If preferred, the material may be shaped into patties and fried.

POACHED EGGS

Heat water to boil in a shallow pan. Break each egg into a saucer, and slide it carefully into the boiling water without breaking the yolk. Cover the pan, and remove it from the fire. Let it stand a few minutes, till the eggs are set. Then serve them.

A suggestion: Each poached egg may be served on a slice of crisp, buttered toast. Two eggs may be served on a plate with fried potatoes, bananas, patties, or other suitable food.

STUFFED EGGS

Boil some eggs until they are hard. Let them cool, and shell them. Cut them in halves, and remove the yolks. Add enough milk to the yolks, with a little salt and lime juice to taste, to make a firm paste. Stuff the hollow whites with this mixture. Garnish the dish with lettuce leaves.

GOLDEN EGG TOAST

Milk, 2 cups
Flour, 2 tablespoons
Eggs (hard-boiled), 4
Vegetable fat, 2 tablespoons
Salt, ½ teaspoon
Toast, 6 slices

Heat the milk. Brown the vegetable fat in a saucepan, add the flour and salt, and then mix well. Add the hot milk, and stir the mixture until the sauce thickens. Chop the whites of the hard-boiled eggs into small pieces, and mix them with white sauce. Arrange the toast on a platter, and pour the sauce over them. Put the hard-boiled egg yolks through a sieve, and sprinkle them on top of the sauce. Serve the dish hot.

BAKED CREAM OMELET

Milk, 1 cup
Vegetable fat, 3 tablespoons
Flour, 3 tablespoons
Eggs, 4
Salt, to taste

Make a cream sauce of the milk, vegetable fat, flour, and salt. Beat the yolks and the whites of the eggs separately. When the sauce is cool, add the beaten egg yolks, and fold in the beaten egg whites. Put the mixture in a casserole, and set it in a pan of hot water, and place them in a moderately heated oven to bake ½ hour. Garnish with parsley.

TROPICAL OMELET

Gluten cutlets (chopped), 1 cup
Raisins, 1 small box
Onion (small, chopped), 1
Eggs (beaten), 3
Potatoes (fried, diced), 2
Tomatoes (sliced), 3
Garlic, 1 clove
Vegetable fat, as needed
Salt, to taste

Saute the garlic, onion, tomatoes, cutlets, potatoes, and raisins in vegetable fat. Beat the eggs until they are light and fluffy. Grease the frying pan well. Cut a banana leaf the size of a plate, and put it in the bottom of the pan. Put the sautéed ingredients on the leaf, and pour on top of them the beaten egg. Place another piece of banana leaf on top of the mixture. Brown the omelet well in the pan, and then turn it to brown the other side. When it is done, cut the omelet into pieces of the desired size, and serve them with catsup.

EGG CROQUETTES

Milk, 2 cups
Vegetable fat, 2 tablespoons
Flour, ½ cup
Eggs (hard-boiled), 5
Parsley, to taste
Salt, to taste
Onion (grated), to taste

Make a cream sauce by combining thoroughly the milk, the vegetable fat, and the flour. Boil until done, and season it with the salt, parsley, and grated onion. Let it cool, and then add the hard-boiled eggs (chopped fine). When the mixture is completely cool, shape it into croquettes. Roll the croquettes in a beaten egg, and then fry them in deep fat until nicely brown.

CORN-AND-EGG CROQUETTES

Vegetable fat, 3 tablespoons
Salt, ¾ teaspoon
Paprika, ¼ teaspoon
Eggs (hard-boiled), 3
Parsley (chopped), 1 teaspoon
Milk, 1 cup
Corn (boiled), 1 cup
Bread crumbs (fine), ½ cup
Egg (slightly beaten with 1 tablespoon water), 1
Flour, 3 tablespoons

Melt the vegetable fat in the top of a double boiler. Add the flour, salt, and paprika, and blend the ingredients well. Add the milk, and cook the mixture until it is smooth and thick, stirring it constantly. Remove it from the fire. Add the hard-boiled eggs (chopped), corn, and parsley. Spread the mixture in a shallow pan, and chill it until it is stiff. Cut it into round pieces with a biscuit cutter. Roll each piece in the fine crumbs, then roll them in beaten egg, and again in crumbs. Fry them in hot vegetable fat 1-inch deep at about 375° Fahrenheit in a heavy frying pan until they are brown. Drain on absorbent paper.

VEGETARIAN FISH BALLS

Cornmeal mush (thick), 1 cup
Peanuts (roasted), 1 cup
Potatoes (boiled), 1 cup
Egg (beaten), 1
Salt, 1 teaspoon
Mace, ½ teaspoon

Grind the potatoes and peanuts, and mix all the ingredients together. Form the mixture into balls about half the size of an egg. Dip them into batter, roll them in bread crumbs, and fry them in deep, hot vegetable fat. Let them drain on paper, and serve them with tomato sauce.

VEGETABLE GOOSE

- Lentil puree, 2 cups
- Eggs, 2
- Bread crumbs (toasted), ½ cup
- Flour (browned), ½ cup
- Milk (evaporated), ¼ cup
- Celery salt, 2 teaspoons
- Sage, 2 teaspoons
- Tomatoes (strained), 1 cup
- Peanuts (chopped), 1 cup
- Onion (medium, chopped fine), 1
- Salt, 1 teaspoon

Mix the ingredients together, and bake the mixture in a hot oven 20 to 30 minutes. (A puree of beans may be used instead of that of lentils.)

LENTIL PATTIES

- Lentils (cooked), 1 cup
- Bread (soaked), 2 cups
- Eggs, 3
- Salt, ½ teaspoon
- Flavor with onion
- Sage, 1 teaspoon
- Celery salt, ¼ teaspoon

Mix the ingredients well, and form the mixture into patties. Fry them in hot oil or shortening until they are crisp and brown.

Cooking Vegetables With a Pressure Cooker Is a Pleasure.

Chapter 5

OTHER MAIN DISHES

TROPICAL CASSEROLE

Sweet potatoes, 3 or 4
Vegetable fat, 3 tablespoons
Sugar (brown), ¼ firmly packed
Salt, 1 teaspoon
Milk (warm), ¼ cup
Pineapple (crushed, drained), ¾ cup
Bananas (firm, all yellow), 3

Boil the potatoes, and drain off the water. Peel and mash them. Add the salt, 1 tablespoon of the butter, and the milk. Beat the mixture until it is light and fluffy. Turn it into a well greased baking dish, spreading the mixture evenly over the bottom of the dish. Put in a second layer consisting of half of the pineapple, and dot it with 1 tablespoon of the vegetable fat. Peel the bananas, and slice them crosswise into slices ½ inch thick. Put in a third layer consisting of the banana slices. Sprinkle the layer of banana slices lightly with salt. Put in a fourth layer consisting of the rest of the pineapple and the brown sugar, and dot it lightly with the remainder of the vegetable fat. Bake the mixture in a moderate oven (375° Fahrenheit) about 30 minutes, until the bananas are tender. Serve it hot.

PICNIC CASSEROLE

Noodles, 1 package
Mushroom soup, 1 can
Milk, as needed
Eggs (hard-boiled, chopped), 3
Vegetable margarine, as desired
Pimiento, if desired
Salt, to taste

Cook the noodles in salted water until they are tender. Add the mushroom soup, milk (enough to mix well), eggs, and pimiento. Salt the mixture to taste, and add a large piece of vegetable margarine. Cover the mixture with bread crumbs, and bake it in a moderate oven at 350° Fahrenheit 1 hour. White sauce with mushrooms may be added if mushroom soup is not at hand, or more mushrooms may be added even if the soup is used. A teaspoon of soy sauce adds to the flavor.

VEGETABLE ROAST

Brown toast (dry), 3 to 4 slices
Onion (medium), 1
Potato (medium), 1
Carrots (ground), 1 cup
Lentils (cooked), 2 cups
Peanut butter, $\frac{1}{4}$ cup
Tomato juice, 1 cup
Vegetable fat, 3 or 4 tablespoons
Salt, to taste
Sage (or thyme), to taste
Eggs, 2 or 3

Grind the toast in a food chopper. Grind also the onion, potato, carrots, and legumes. Stir all the ingredients together until they are thoroughly mixed, and steam the mixture in a greased double boiler about $1\frac{1}{2}$ hours. (Brown beans, cooked, may be used instead of the lentils. Half a cup of nut meats may be used in place of the peanut butter.)

VEGETABLE LOAF

Green peas (cooked), $\frac{1}{2}$ cup
Carrots (boiled and chopped), $\frac{1}{2}$ cup
Bread crumbs (soft), 1 cup
Paprika, $\frac{1}{2}$ teaspoon
Eggs (beaten), 2
Green beans, $\frac{1}{2}$ cup
Milk, $1\frac{1}{2}$ cups
Salt, $\frac{1}{2}$ teaspoon

Press the peas through a sieve, and cut the beans into small pieces. Then combine all the vegetables, add the other ingredients, and mix them well. Place the mixture in a buttered baking dish, and bake it in a moderate oven until done.

VEGETABLE POTPIE

Lima beans (well soaked), $\frac{1}{4}$ pound
Corn (cooked), 2 cups
Potatoes (medium-size), 6
Onions (small), 2
Celery, 3 stalks
Salt, 1 teaspoon
Flour, 1 teaspoon
Tomatoes, 1 pound
Milk, 1 cup

Peel, boil, and slice the potatoes. Boil the beans with the celery, onions, and salt until the beans are tender. Grease a baking dish, and place in it alternate layers of the bean-celery mixture, corn, potatoes, and tomatoes. Blend the milk and flour, and pour this over the mixture. Bake the mixture about ½ hour. Then place some small biscuits on top of the dish, and bake it until done.

SWEET POTATOES

Wash the sweet potatoes well, and boil them in water. When they are tender, remove them from the fire, and peel them while they are still hot. They can be mashed and seasoned with a vegetable margarine. In buying sweet potatoes, select ones that are red in color, round in shape, for these are usually sweeter and more juicy and not stringy.

GLAZED SWEET POTATOES

Sweet potatoes (boiled), 8
Peanuts (chopped), 1 cup
Syrup (thick), 1 cup

Peel the sweet potatoes, and slice them into slices ½-inch thick. Then fry them in a skillet until they are golden brown. After frying, dip them in the thick syrup mixed with chopped peanuts. Lay the slices in an oiled baking pan, and bake about 30 minutes.

CREAMED MUSHROOMS ON TOAST

Bread (toasted), 6 slices
Eggs (hard-boiled), 2 or 3
Creamed mushroom soup, 1 can

Keep the slices of bread (either white or whole-wheat) crisp in a warm oven until the sauce is ready to be put on them. Heat the creamed mushroom soup, after diluting it with ½ can of water. Slice the hard-boiled eggs, and add them to the sauce. Put the hot sauce on the crisp slices of toast, and serve the food before the bread has become soaked.

If a larger quantity of sauce is desired, make a smooth paste by mixing 2 teaspoons of flour with a little water. Combine this paste with 1 cup of milk, and add it to the sauce. Then let the sauce boil a few moments before adding the eggs. For a variation, add to it a bit of soy sauce.

MUSHROOM MEDLEY

Garlic, 3 cloves
Gluten steaks (chopped), 1 cup
Water, 3 cups
Salt, to taste
Mushrooms (dry), 3 cups
Ampalaya (white, sliced), 3 cups
Pepper leaves, 4 bundles

Wash the mushrooms, and cut them into small pieces. Saute the steaks, and add the mushrooms to them, with salt to taste. After they have been heated 2 minutes, add the water, and bring the mixture to a boil. Add the ampalaya. When this vegetable is almost cooked, add the pepper leaves. Serve the mixture hot.

POTATO ROAST

Potatoes (large, ground), 2
Nuts (chopped), 2 cups
Bread crumbs, 2 cups
Water (boiling), 2 cups
Eggs, 4
Vegetable fat, 2 tablespoons
Onion, 1
Sage, a pinch
Salt, to taste
Bay leaves, 3

Pour the boiling water over the bay leaves. Mix all the ingredients together, and form the mixture into a loaf or as patties to bake. Bake it 1 hour at 350° to 400° Fahrenheit.

POTATO PATTIES

Milk (evaporated), ½ cup
Bread crumbs (dry, fine), ½ cup
Onion (minced), 1 teaspoon
Egg (beaten), 1
Potato (raw, grated), 2 cups
Salt, 1½ teaspoons
Vegetable fat, as needed

Pour the milk over the bread crumbs, which should soak up all the liquid. Stir in the egg, onion, potato, and salt. Drop the mixture from a tablespoon onto a hot griddle or skillet. Press each patty out thinly with the back of the spoon, and let them cook slowly in vegetable fat until they are well browned.

BROWNED POTATOES

Left-over boiled potatoes, peeled and sliced or cut fine, can be browned in a frying pan, with a bit of grated onion and salt to taste. Turn them from time to time with a spatula, until they are nicely browned.

POTATO STEW

Potatoes (large), 4
Onion (chopped), 1
Egg (hard-boiled, sliced), 1
Water (salted), 1½ cups
Vegetable fat, 1 teaspoon
Vetsin, ½ teaspoon

Wash and peel the potatoes. Cut them into small cubes. Boil the onion with the potatoes in the salted water in a saucepan until they are tender. Add the vegetable fat, vetsin, and egg. For variation, the mixture may be creamed by adding a small amount of canned milk just before serving.

SCALLOPED POTATOES

Potatoes, 5
Onion (grated), 1
Salt, to taste
Milk, ½ cup

Wash and peel the potatoes. Cut them into thin slices, and place them in a greased baking dish, mixing grated onion with them. Salt the mixture to taste. Pour over it the milk. Bake it about 1 hour in a moderate oven until it is golden brown. Small pieces of American cheese may be mixed with the potatoes before baking if desired.

MASHED POTATOES

Potatoes, 5
Salt, 1 teaspoon
Milk, ¼ cup
Margarine, 1 tablespoon

Wash and peel the potatoes, and boil them in a small amount of water. When they are tender, drain off the water into another vessel. (Keep this water for making a gravy or a soup.) Add salt and milk, and mash the potatoes thoroughly. If the consistency is too stiff, add more milk so that you can whip the mixture with a fork until it is light and creamy.

POTATO CHIPS

Potatoes (large, firm), 6
Vegetable fat, 2 pounds

Select 6 large, firm potatoes. Peel and wash them. Dry them with a clean cloth. Then slice them into thin slices, and spread the slices out between the folds of a clean cloth to absorb the moisture. Heat about 2 pounds of vegetable fat in a deep saucepan into which fits a deep-fat frying basket made of wire. First, drop a slice of potato in the hot fat, and when it turns a light brown, the fat is hot enough for frying. Then put about one third of the potato slices in the hot fat, stirring them gently with a fork so that they do not stick together in cooking. When they turn a delicate brown, lift the basket out of the hot fat, and let the chips drain over the kettle a bit. Then dump them onto a cookie sheet lined with absorbent paper (such as kitchen toweling), and set them in a warm (not hot) oven to keep crisp till time to serve them. Add the second third of the potato slices to the fat, and repeat the process till all are fried. Sprinkle the fried chips with salt, and serve them. *Do not salt them before they are fried,* for the results will not be good.

The fat used in frying the potatoes may be poured into a jar and kept for use at another time. If some fried ships are left over, they can be stored away in a tightly covered container. Reheat them in the oven before serving.

CABBAGE ROLL

Cabbage leaves
Gluten (ground), $\frac{1}{4}$ pound
Egg, 1
Bread crumbs (dry), $\frac{1}{4}$ cup
Tomato juice, 1 cup
Salt, to taste
Vegetable fat, $\frac{1}{2}$ cup
Onion (medium-size), 1
Sour cream, $\frac{1}{2}$ cup

Select the large leaves from a head of new cabbage. (Do not cut the leaves.) Wash them, and parboil them 5 minutes in boiling, salted water. Add the glutenburger, bread crumbs, egg, onion (chopped and fried in vegetable fat), and sour cream. Season the mixture with salt to taste.

Place 2 or 3 tablespoons of the prepared mixture in the center of each cabbage leaf. Roll it up and fasten it with toothpicks. Melt ¼ cup of vegetable fat in a large, heavy frying pan, and put in the cabbage rolls. Saute them until they are slightly yellowed. Then pour in the tomato juice. Cover the pan, and let the contents simmer 1 hour. Serve the rolls accompanied by the sauce.

CABBAGE STEW

Cabbage (shredded), 3 cups
Garlic, 1 clove
Onion (sliced), 1
Egg (beaten), 2
Tomatoes (sliced), 2
Salt, to taste

Saute the onion and tomatoes. Add the cabbage, and when it is cooked, add the beaten egg. Stir the mixture till the egg is cooked, salt to taste, and serve it hot.

STUFFED PEPPERS—I

Red kidney beans (boiled), 1 cup
Green peppers (sweet), 3
Ground gluten, ½ cup
Tomatoes (chopped), 2
Vegetable fat, 2 tablespoons
Mushrooms (sliced), ½ cup
Soy sauce, 3 tablespoons
Onions (chopped), 3 tablespoons
Egg (beaten lightly), 1
Salt, to taste
Rice bran (tiki-tiki), 1 tablespoon

Saute the onions and tomatoes in the vegetable fat. Add the gluten and mushrooms, and fry the mixture 5 minutes. Then add the beans, soy sauce, and salt. Roast the peppers slightly in the oven, and dip them immediately into cold water. Then remove the stems and seeds. Stuff them with the bean mixture. Mix the egg and rice bran, and dip the stuffed peppers into this mixture. Fry them in hot fat till brown.

STUFFED PEPPERS—II

Peppers (large), 3
Gluten cutlets (chopped), 1 cup
Potatoes (diced), ¼ cup
Garden peas, 1 can (medium)
Garlic (crushed), 1 clove
Onion (medium, chopped), 1
Raisins, ¼ cup
Vegetable fat, 2 tablespoons
Tomatoes (chopped), 3
Salt, to taste
Eggs (hard-boiled), 2

Fry the diced potatoes. Drain off some of the fat, leaving the pan well greased. Saute the garlic, onion, tomatoes together. When they are done, add the cutlets, and season the mixture with salt. Add the raisins, peas, fried potatoes, and sliced eggs. Stir the ingredients until they are well mixed. Scald the peppers. Remove the stems and seeds. Stuff each pepper with part of the mixture. Bake them in the oven. Serve them with tomato catsup.

FRIED OKRA

Wash the tender okra pods, drain off the water, and cut them crosswise into pieces 1 inch long. Beat 1 or 2 eggs, and season them with salt to taste. Dip the pieces of okra into this egg batter, and roll them in fine bread crumbs or corn meal. Then fry them in hot vegetable fat until they are brown. For variation, serve them occasionally either with catsup or tomato sauce.

BUTTERED OKRA

Wash the tender okra, and cut the stems off close to the pods. Boil them in water until they are tender. Drain them well, and place them on a warm plate. They must be moved carefully to prevent breaking. Sprinkle on them a bit of salt to taste, and pour over them a small amount of melted vegetable fat. Serve them warm.

EGGPLANT-AMPALAYA STEW

Ampalaya (1-inch slices), 2 cups
Eggplant (1-inch slices), 2 cups
Vegetable fat, 2 tablespoons
Tokua (diced), 1 cup
Tomatoes (sliced), $\frac{1}{2}$ cup
Garlic, 4 cloves
Onion (sliced), $\frac{1}{2}$
Vegetable broth, 1 cup
Salt, to taste

Saute the garlic in the vegetable fat. Add the onion, tomatoes, tokua (or gluten). Add the ampalaya and vegetable broth. Stir the mixture well till it boils. Add the eggplant, and cook the stew till the vegetables are cooked. Serve it hot.

FRENCH FRIED EGGPLANT

Wash the eggplant. Cut it into thin slices, circled or squared, or in any other shape desired. Sprinkle the pieces with salt to taste. Dip them into beaten egg, and roll them in bread crumbs. Brown them on both sides in a small amount of vegetable fat. Serve them with tomato sauce or lime juice.

EGGPLANT FRICASSEE

Wash each eggplant, and slice it lengthwise into slices less than ¼ inch thick. Fry these in hot vegetable fat. Place them on a plate, sprinkle soy sauce and lime juice on them, and serve them hot.

EGGPLANT CUTLETS

Eggplants (medium, raw), 3
Flour, 3 to 4 tablespoons
Eggs, 2
Salt, ¾ teaspoon

Twenty minutes before serving time, grate the eggplants by lightly rubbing them one way on a grater, so as not to draw out too much juice. Add the salt, flour, and beaten egg yolks. Mix the ingredients lightly with a fork. If the mixture is too watery, add a little more flour. Fold in the beaten egg whites. Drop the mixture by spoonfuls into hot vegetable fat, and fry them as cutlets in the frying pan. Serve them at once when they are done.

SCALLOPED EGGPLANT

Eggplant (medium-size), 1
Vegetable fat, 2 tablespoons
Bread crumbs, 1 cup
Salt, 2 teaspoons
Milk, 1½ cups

Wash the eggplant. Cut it crosswise into slices ½ inch thick. Cover it with boiling, salted water, and cook it till it is tender, and drain it. Grease a baking dish, spread ¼ cup of bread crumbs on the bottom, and add ½ of the eggplant. Dot it with butter on top, and sprinkle it with salt to taste. Add another ¼ cup of bread crumbs and the remaining eggplant, and dot it again with butter and sprinkle with salt. Pour the milk over it, and sprinkle the remaining ½ cup of bread crumbs on the top. Bake it ½ hour or more.

ROYAL EGGPLANT LOAF

Gluten (ground), 2 cups
Eggplant (cooked and mashed), 1 cup
Bread crumbs, ½ cup
Onions (chopped), ¼ cup
Celery (chopped), 2 tablespoons
Tomato soup (canned), ½ cup
Vegetable fat, ¼ cup
Green pepper (chopped), 2 tablespoons
Salt, to taste

Mix all the ingredients thoroughly, and pour the mixture into a buttered pan. Bake it about 45 minutes in a moderately heated oven. Serve it with brown gravy.

STUFFED EGGPLANT FRIED

Eggplants, 6
Onion (medium, chopped), 1
Tomatoes (chopped), 4
Salt, to taste
Egg (beaten), 1

Broil the eggplants, and peel them. Slit them on one side, and carefully spread them open enough to insert the filling. Fill the slit of each one with sautéed chopped tomatoes and onions, and season it with salt to taste. Close the slit, roll each eggplant in the beaten egg, and fry it.

STUFFED EGGPLANT–I

Eggplant (large), 1
Vegetable fat, 2 tablespoons
Bread crumbs (soft), 1 cup
Tomatoes (chopped), 1 cup
Salt, to taste
Onion (minced), 1

Wash the eggplant, and cut it lengthwise into halves. Scoop out the pulp, leaving the shells about ¼ inch thick. Dice the scooped-out pulp. Brown the onion in the vegetable fat. Add to it the diced eggplant, tomatoes, bread crumbs, and salt. Mix them well. Fill the eggplant shells with the mixture, and bake them in the oven until they are cooked.

STUFFED EGGPLANT–II

Eggplants, 4 to 8
Eggs (beaten), 6
Onion (minced), 1 tablespoon
Salt, to taste
Lime juice, 3 teaspoons
Flour, 2 tablespoons

Boil or brown the eggplants after they have been washed. Peel them. Mix the beaten eggs, diced onion, salt, lime juice, and flour together. Dip the eggplants into this mixture, and fry them till they are golden brown. Serve them with gravy, catsup, or soy sauce.

BAKED EGGPLANT WITH RICE

Eggplants (large), 2
Mushrooms (canned), 1 cup
Tomatoes, 1 cup
Onion (chopped), 2 tablespoons
Egg (beaten), 1
Sugar, 1 teaspoon
Rice (boiled), 1 cup
Vegetable fat, 2 tablespoons
Salt, 1 teaspoon
Paprika, as desired
Bread crumbs (buttered), ½ cup

Cut the eggplants lengthwise into halves, and scoop out the pulp, leaving the shells about ¼ inch thick. Place the shells, cut side down, in cold water, and leave them there while the stuffing is being made for them. Chop the scooped-out pulp, and combine it with the mushrooms, onion, cooked rice, sugar, salt, vegetable fat, and egg. Heat the mixture to a boiling point. Then remove the eggplant shells from the cold water, and drain them. Fill each shell with the hot stuffing mixture. Sprinkle bread crumbs over the top, bake stuffed shells in a moderate oven (at 250^0 Fahrenheit).

RICE FOR BAKED EGGPLANT

Rice, 1 cup
Water (cold), 2 cups
Salt, 1 teaspoon

Put all of the ingredients in a saucepan, cover it with a tight-fitting lid, and set it over a hot fire until it boils vigorously. Then reduce the heat enough for the rice to simmer 14 minutes or more, during which time the water will be absorbed and make the rice deliciously tender. Remove the lid, and let the rice steam so that it will dry to the desired consistency, and so the grains will be fluffy and separated.

MALUNGGAY LEAVES WITH TOKUA

Malunggay leaves, 2 cups	**Vegetable fat, 2 tablespoons**
Tokua (diced, fried), ½ cup	**Garlic (minced), 1 clove**
Onion (sliced), 1	**Flour, 1 tablespoon**
Soy sauce, 2 tablespoons	**Salt, to taste**

Saute the garlic in the vegetable fat, and add the onion and tokua to it. Add 2 cups of water, stirring the mixture occasionally until it boils. Add the soy sauce and the malunggay leaves. Stir in the flour to thicken the mixture, and bring it to a boil. Serve it hot.

BEAN-SPROUT SPECIAL

Onion tops (minced), ½ cup	**Vegetable fat, 1 tablespoon**
Eggs (slightly beaten), 4	**Salt, 1½ teaspoons**

Bean sprouts, 2 cups

Add the finely chopped onion tops and salt to the slightly beaten eggs. Let them stand from 5 to 10 minutes. Wash the bean sprouts, and cook them in a skillet with just enough water that clings to them. Stir them to keep them from sticking to the pan. Add 1 tablespoon of vegetable fat to them, and cook them a little longer. Then add the mixture of egg and onion tops, and stir them all together. Cook the mixture till it is done, and serve it immediately.

BOILED PECHAY

A simple way to cook pechay is to boil it in a small amount of salted water until it is tender. Then place it in a serving dish, and cut it with a sharp knife into squares about 2 inches across. This will make it easy to serve. Sprinkle some lime juice over it, and serve.

CAULIFLOWER FRICASSEE

Wash the cauliflower thoroughly, and steam it in a covered kettle, with a small amount of water, until it is almost done. Remove it, and cut it into sections. Roll the pieces in salted, well beaten eggs, and fry them until they turn a golden brown.

CARROT ROAST

Tomato juice, 1 cup
Carrots (grated), 2 cups
Eggs, 2
Peanut butter, 2 tablespoons
Green pepper (chopped fine), 1
Onion (chopped fine), 1
Vegetable fat, 1 tablespoon
Sage, to taste
Salt, to taste

Mix the ingredients, thicken the mixture with bread crumbs, and steam it 1 hour. The mixture can be baked in a pan, if preferred.

ITALIAN RICE

Peppers (finely chopped), 2
Carrots (finely chopped), 5
Onions (large, chopped), 3
Celery stalks (chopped), 3
Tomato puree, 1 quart
Mushrooms (if desired), 3 small cans
Cooked rice, enough for 6 servings
Salt, to taste

Fry the peppers, onions, carrots, celery, and mushrooms until they turn a golden brown. Pour the tomato puree over this mixture. Season it with salt. Let it simmer ½ hour or more. Pour a generous serving of this sauce over each individual serving of cooked rice.

TOMATO CHEESE

Peanut butter, ½ cup
Tomatoes (strained), 1 cup
Cereal coffee (or Postum), 1 cup
Cornstarch, ¾ cup
Onion (large, chopped fine), 1
Salt, to taste
Sage (or celery salt), a pinch

Add the cornstarch to the hot liquids, and mix in the other ingredients. Cook the mixture in a double boiler 2½ hours. Serve it either hot or cold.

PATOLA ROYAL

Patola (medium), 1
Onion (chopped), 2 tablespoons
Tokua (mashed), 1 cup
Mushrooms (dried), ½ cup
Salt, to taste
Vegetable fat, 2 tablespoons
Sugar, 1 teaspoon
Cornstarch, 2 teaspoons

Peel the patola, and cut it crosswise into slices ¼ inch thick. Saute the onion in vegetable fat, and add to it the mashed tokua and mushrooms, mixing them well. Cover the pan and let them cook 7 minutes. Add the patola to the mixture, and let it cook 2 more minutes. Add the salt. Just before taking the mixture off the fire, add to it the soy sauce, sugar, and cornstarch mixed. Take it from the fire, and serve it. (One cup of fresh mushrooms may be used instead of the dried ones.)

VEGETABLE STEW–I

Carrots (diced), 1 cup
Celery (chopped), 1 cup
Vegetable fat, 2 tablespoons
Tokua(diced), ½ cup
Potatoes (diced), 2 cups
Onions (medium, chopped), 4
Water, 3 cups
Flour, 2 tablespoons
Salt, to taste

Cook the vegetables in the water, with the salt added. Drain off the juice, and use it for making a gravy with the vegetable fat and flour. Brown the tokua in a little vegetable fat. Combine it, the vegetables, and the gravy. Serve it warm.

VEGETABLE STEW–II

String beans, 10
Ampalaya (medium), 1
Eggplants (medium), 2
Squash leaves and tops (tender), 1 cup
Squash (diced), 1 cup
Onion (small), 1
Garlic, 1 clove
Tomatoes (sliced), 3
Vegetable fat, as desired
Rice water, 1 cup
Soy sauce, to taste

Wash the vegetables. Cut the string beans into pieces 2 inches long. Cut the ampalaya and the eggplants into strips 2 inches long. Saute the garlic, onion, and tomatoes. Add the soy sauce, the string beans, and the rice water. When the beans are about half-cooked, add the ampalaya, eggplant, and squash. Stew them together until the vegetables are well done. Add the squash leaves. Serve the mixture hot.

FILIPINO VEGETABLE STEW

Potatoes (whole, boiled), 2
Pechay, 2 bunches
Green onions, as desired
Onion, 1
Cabbage leaves, 4 or 5
Vetsin, 2 teaspoons
Salt, to taste
Rice water, 2 cups

The "rice water" is the water in which the rice has been washed the second time before it is cooked. Boil the cabbage and pechay in this rice water. Cut the onion into quarters. Add it together with the green onion to the boiled vegetables. Cut the boiled potatoes into halves, and add them to the mixture. Add the vetsin and salt. Bring the mixture to a boil, and serve it hot.

CHOW MEIN

Tokua, 1 large cake
Onion (sliced), 1
Potatoes (diced), 1 cup
Celery (diced), 1 cup
Salt, to taste
Bean sprouts, 1 cup
Soy sauce, 1 teaspoon
Egg (hard-boiled, chopped), 2
Tomato juice, ½ cup
Vegetable fat, as needed

Cut the tokua into cubes, and brown them in vegetable fat. Brown the onion also. Boil the potatoes, celery, and onion together. When they are tender, add the other ingredients, and cook the mixture slowly 10 minutes. Add enough water to make 1½ cups of sauce, thicken it with browned flour, and add the soy sauce. Pour the mixture over noodles (or rice) that has been browned in 2 tablespoons of vegetable fat.

BAKED BANANAS

Bananas (saba), 6
Salt, to taste
Margarine (melted), 2 tablespoons

Peel the bananas, and place them into a buttered baking pan. Brush them well with butter, and sprinkle them with salt. Bake them in an oven at 375° Fahrenheit 15 to 18 minutes, or until the bananas are tender and can be easily pierced with a fork. If desired, bake them until almost done, and then place them under broiler heat until they are tender and brown. Serve them hot as a vegetable or as a dessert with either cream or a hot fruit sauce over them. *A variation*:

Just before baking them, brush the bananas with lemon juice. Pour ¾ to 1 cup of molasses over them. Bake them as indicated in the recipe above. Serve them hot as a sweet entree, or garnish them with chopped, toasted almonds and serve them as a hot dessert. Maple syrup may be substituted for the almonds.

BANANA FRITTERS

Vegetable fat
Flour, ¼ cup
Bananas, 3 to 4
Fritter batter

For deep-fat frying, have a deep kettle ½ to ⅔ full of melted vegetable fat.

For shallow frying, have about 1 inch of vegetable fat in the frying pan.

Heat the vegetable fat to 375° Fahrenheit, or until a 1-inch cube of bread will brown it in about 40 seconds. Peel the bananas and cut each of them crosswise into 3 or 4 diagonal pieces. Roll the pieces in flour. Dip into the fritter batter, completely coating each piece with it. Fry in the hot vegetable fat from 4 to 6 minutes, turning the fritters frequently to brown them evenly. Drain them on a rack. Serve them hot with the main course or as a dessert with a hot fruit sauce or sweetened whipped cream.

BANANA SCALLOPS

Vegetable fat, as needed
Egg (slightly beaten), 1
Bananas, 6
Salt, 1½ teaspoons
Milk (evaporated), ¼ cup
Bread crumbs (fine), ¾ cup

For deep-fat frying, have a deep kettle ½ to ⅔ full of melted vegetable fat.

For shallow frying, have 1 inch of melted vegetable fat in the frying pan.

Heat the vegetable fat to 375° Fahrenheit, or so that a 1-inch cube of bread will brown in about 40 seconds. Add salt to the egg (or undiluted milk). Peel the bananas, and slice them crosswise into pieces ¾ to 1 inch thick. Dip the slices into the egg (or milk). Drain them, and roll them in the bread crumbs. (Corn flakes, cracker crumbs, or corn meal may be used instead of bread crumbs.)

Fry them in the hot vegetable fat 1½ to 2 minutes, or until brown and tender. Drain them well, and serve very hot.

Important. Heat the fat to the correct temperature before frying.

GLAZED COOKING BANANAS

Fry and bake them as recommended for the sweet-potato slices in the recipe "Glazed Sweet Potatoes."

PINACBET

Water, 2 cups	**Salt, to taste**
Eggplant, 3	**Vetsin, as desired**
Ampalaya, 3	**Soy sauce, 3 tablespoons**
Onion (sliced), 1	**Tomatoes (medium, sliced), 4**

Boil the onion, tomatoes, and soy sauce together in the water. Wash the eggplants and ampalaya, and cut them into slices 2 inches long. Add them to the mixture, and stew it until the vegetables are well done. Add salt and vetsin as desired.

DINENGDENG

Vegetables, 1 pound	**Purslane (kulasiman), ¼ pound**
Water, 1½ cups	**Tomatoes (sliced), 1¼ cups**
Salt, 1½ teaspoons	**Vetsin, 1 tablespoon**

If green leafy vegetables are used, wash them. Discard the tough stems. Cut or break the tips and leaves into 1 inch lengths. Heat the water to a boil, and add the tomato, salt, and vetsin. Add also the vegetables, and boil them until tender.

One vegetable may be used alone, or two or more vegetables may be combined, to make this dish. In making a combination, cook the tougher vegetables first, such as cowpeas or eggplant, for several minutes before adding the tender leafy vegetables. Fewer tomatoes or none at all may be used.

MUSTARD STEW

Soy beans (boiled, ground), 2 tablespoons	**Onion (small, chopped), 1**
Tomatoes (sliced), 3	**Salt, to taste**
Garlic, 1 clove	**Mustard leaves (2-inch pieces), 2 cups**

Saute the garlic, onion, tomatoes, and beans. Add the mustard and 1 cup of water. Season the mixture with salt to taste. Let it simmer till the mustard is cooked. Salted mustard (*buro*) may be used instead of the fresh mustard leaves, if desired.

STEWED SALTED MUSTARD (*Buro*)

Salted mustard leaves (cut fine), 1 cup	**Vegetable fat, as needed**
	Egg (beaten), 1
Onion (medium, chopped), 1	**Tomatoes (sliced), 4**

Garlic, 1 clove

Saute the garlic, onion, and tomatoes. Add the mustard. Bring the mixture to a boil, and add the egg. Stir it until the egg is cooked. Serve it hot or cold.

SALTED MUSTARD (*Buro*)

Mustard leaves, 1 kilo	**Salt, to taste**

Rice soup (thin), 4 cups

Mash the mustard greens, and drain them. Put them in a wide-mouthed jar. Salt them. Add the rice soup, and seal the jar well. Then set the jar out in the sun. After 3 days the mustard is ready to serve. The rice soup is made of boiled rice.

WALNUT LOAF

Potatoes (boiled, mashed, and seasoned), 2 cups	**Egg (raw), 1**
	Sage, 1 teaspoon
Bread crumbs (dry), 1 cup	**Walnuts (English), 1 cup**
Onion (medium-size), 1	**Vegetable fat (melted), 2 tablespoons**
Egg (hard-boiled), 1	

Salt, to taste

The mashed potatoes should be seasoned with milk, butter, etc. Pecans may be used instead of English walnuts. Cracker crumbs may be used in place of dry bread crumbs.

Combine the hard-boiled egg (chopped) and onion (minced) with the hot mashed potatoes, mixing them well. Add to the mixture the raw egg (beaten), the dry bread crumbs, the salt, the sage, the walnuts, and the vegetable fat, and mix them thoroughly. Shape the mass into a loaf in a bread pan, basting it with vegetable fat, and bake it about 1 hour, until it is done.

This roast may be served with an appetizing gravy while warm. When cold, it may be cut into slice and served with jelly.

OATMEAL PATTIES

Eggs, 4
Oatmeal flakes
Salt, to taste
Onion (grated), to taste
Milk, (canned), 8 tablespoons
Vegetable fat (melted), 4 tablespoons
Sage, to taste
Soy sauce, to taste

Mix the eggs, milk, and vegetable fat, with enough oatmeal flakes ("rolled oats") to make a thick paste. Add the grated onion and the sage. Shape the mixture into patties, and fry them in vegetable fat until nicely brown. Then pour some soy sauce around the patties, and let them simmer about 30 minutes.

TASTY PATTIES

Oatmeal flakes, 1 cup
Eggs (slightly beaten), 3
Peanuts (roasted and chopped), ¼ cup
Water, 1 cup
Salt, ⅔ teaspoon
Bread crumbs (dry), ¾ cup
Soy sauce, 2 teaspoons
Salt, ⅔ teaspoon
Onion (chopped), ¾ cup

Combine all the ingredients except the soy sauce and water. Stir the mixture thoroughly, and then shape it into patties about ⅔ inch thick. Fry them on both sides in vegetable fat. Then pour the water, with the soy sauce mixed in it, around the patties. Continue to cook the patties slowly in the soy-sauce water for 1 hour, adding a small amount of water as needed to keep them from burning. Sprinkle extra salt to taste.

SAGE-AND-ONION DRESSING

Bread crumbs (dry), 8 cups
Onion (large), 2
Vegetable fat (melted), ½ cup
Water (boiling), ½ cup
Celery (chopped, outside stalks and leaves), 1 cup
Salt, 1 teaspoon
Sage, 1 teaspoon
Soy sauce, to taste

Crumble the dry bread crumbs, and place them in a large mixing bowl. Add the onions (chopped fine), chopped stalks and leaves of celery, salt, melted vegetable fat, and sage. Add the boiling water and soy sauce, tossing the dressing lightly to prevent sogginess. Use more water if necessary, this depending upon the consistency desired and the dryness of the bread. Taste and add more salt and sage, if desired. Mold the mixture into a loaf, and bake it in a shallow baking pan.

FRITTER BATTER

Flour (sifted), 1 cup
Salt, 1¼ teaspoons
Egg (well beaten), 1
Baking powder, 2 teaspoons
Sugar, ¼ cup
Milk, ⅓ cup
Vegetable fat (melted), 2 teaspoons

Sift together flour, baking powder, salt, and sugar. Combine the egg, milk, and vegetable fat, and add them to dry ingredients, and mix all together until batter is smooth. (This is a stiff batter, and it makes a fritter which will stay crisp 15 to 20 minutes. Hence this batter should not be thinned.)

PANCIT

Tokua, ¼ of a large cake
Potatoes (medium), 2
Garlic, 1 clove
Tomato, 1
Pancit Canton, 4 handfuls
Onion (small), ½
Vegetable fat, 1 tablespoon
Salt, ½ teaspoon
Water, 2 cups
Green pepper, 1
Soy sauce, 1 tablespoon
Celery, 4 to 6 stems

Peel the potatoes and dice them. Cut the tokua into cubes. Chop the tomato and green pepper. Slice the onion fine, and mince the garlic. Put the vegetable fat into a hot skillet or frying pan, and then add the tokua cubes, and brown them. Add next the garlic and onion, and brown them. After that add the tomato, green pepper, and celery, and potatoes, and mix them well. Add the soy sauce, salt, and water. Then cover the pan, and let the mixture boil till the potatoes are cooked. Finally, add the pancit, and let the mixture simmer about 5 minutes. (Bihon may be used instead of pancit Canton.)

STEAMED RICE

Rice (dry), 2 cups
Water (hot), 3 cups
Vegetable fat, 1 heaping tablespoon

Wash the rice, and drain off the water. Put the vegetable fat into a frying pan, and heat it. When the grease is hot, pour the rice into it, and let it brown, put it into either a casserole or kettle, or in the top of a double-boiler. Add the rice to the hot water, in which the salt has been dissolved. If a double-boiler is used, steam the rice about 1 hour. If a casserole or or kettle, or in the top of a double-boiler. Add the rice to the of water. In any case, keep the containers tightly covered. When the rice is cooked, it will be dry and flaky.

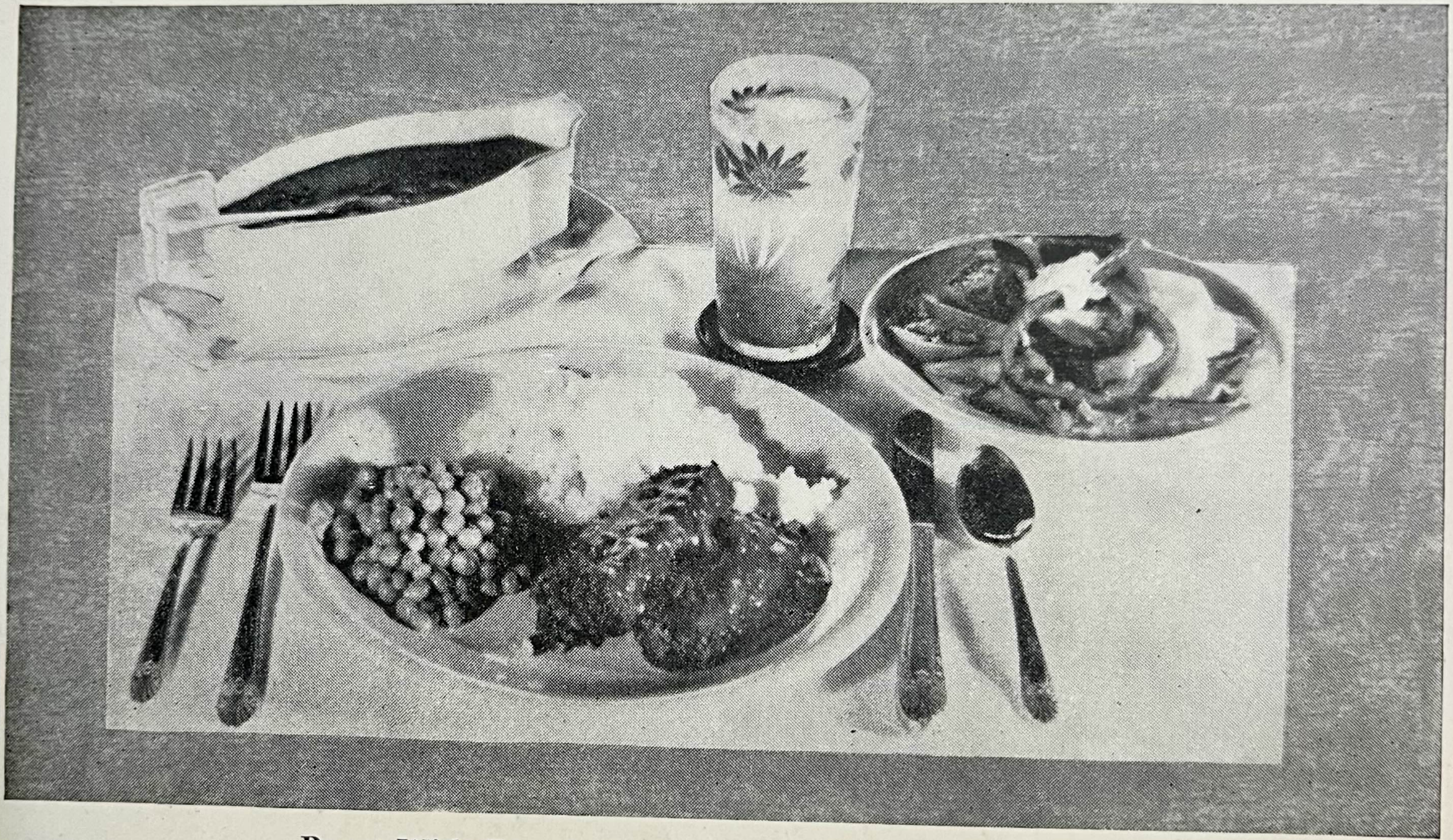
VARIATIONS OF STEAMED RICE

As a variation of the recipe for Steamed Rice, use canned tomatoes or tomato juice instead of part of the water in which the rice is cooked. Grated onion may also be added, minced green sweet pepper, or a bit of parsley. Sometimes a few green peas or diced tokua may be added too.

TOMATO BISQUE

Tomatoes (stewed), 3 cups
Vegetable broth, 4 cups
Onion (chopped), 4 tablespoons
Vegetable fat, 5 tablespoons
Parsley, 2 tablespoons
Bay leaf (small), 1
Thyme, a pinch
Salt, to taste

Simmer the parsley, onion, bay leaf, and thyme in the vegetable fat. Add the other ingredients, and boil the mixture gently for about ½ hour.



Roast With Brown Gravy. Yum, Yum! (See Page 82.)

Chapter 6

GRAVIES AND SAUCES

PEANUT GRAVY

Flour, 2 tablespoons
Vegetable fat, 1 tablespoon
Milk, 2 cups
Salt, to taste
Peanut butter, 2 tablespoons

Brown the flour in the vegetable fat in a frying pan. Add the milk. Make a light paste of the peanut butter by mixing it with a little water, and add this paste to the gravy, stirring it constantly until it thickens to the desired consistency. Salt it to taste. If a thicker gravy is desired, add a little more flour mixed with a bit of water. If a thinner gravy is desired, add a little more milk.

TOMATO GRAVY

Vegetable fat, 4 tablespoons
Onion (medium, chopped fine), 1
Tomato juice, 15 ounces
Flour, 4 tablespoons
Water, to right consistency
Salt, to taste

Brown the onion in the vegetable fat. Add the flour and brown it lightly. Then add the tomato juice and water to give the desired consistency. Season the gravy with salt, and strain it.

EGG GRAVY

Egg, 1
Flour, 2 tablespoons
Milk, 2 cups
Salt, to taste

Scramble the egg in a frying pan, letting it brown evenly over slow heat. Add the milk. When the milk is hot, stir in gradually the thickening. This thickening is made by mixing the 2 tablespoons of white flour with enough cool water or milk to form a smooth paste. When this paste is added gradually to the milk and egg in the frying pan, stir the gravy until it boils and has thickened to the desired consistency. Let it cook over slow heat a few moments. Salt it to suit the taste. It can be used with baked or mashed potatoes, and with other foods.

BROWN GRAVY

Vegetable fat, 2 tablespoons
Flour (browned), ¼ cup
Vegetable juice, 2 cups
Salt, to taste

Heat the vegetable fat, and add the browned flour, stirring it well into the grease. Then add the vegetable juice, with salt to taste. Soy sauce may be added for a variation. Instead of vegetable juice, either 2 cups of potato water or 2 cups of the broth of boiled vegetables may be used. For another variation, use 2 cups of milk instead of vegetable juice.

MUSHROOM GRAVY

Mushrooms, 1 small can
Tokua (diced), ⅔ cup
Pimento (small, minced), 1
Margarine, ½ cup
Soy sauce, 2 tablespoons
Eggs (scrambled), 2
Flour (browned), ¼ cup
Milk, 1 quart

Chop the mushrooms and brown them in the margarine, and add the flour. Add the milk, stirring it in to make a thin sauce. Then add the other ingredients, and boil the mixture 10 minutes. Season it with salt to taste, and add a bit of grated onion, if desired. Fresh mushrooms give a better flavor to the gravy than do canned ones.

MUSHROOM BROWN GRAVY

Vegetable fat, ¼ cup
Flour, ⅓ cup
Onion (grated), ¼ teaspoon
Soy sauce, 3 tablespoons
Water (warm), 1¾ cups
Salt, ⅛ teaspoon
Mushrooms (canned, chopped), ½ cup

Melt the vegetable fat in a frying pan or skillet, and add the flour, stirring it well into the grease to form a smooth paste. Put this over the fire, stirring the paste constantly until it turns a light brown. Then add the soy sauce, mixing it well with the paste. Then remove the mixture from the fire, and add the water gradually, stirring until the material is smooth. Add the onion, salt, and chopped mushrooms. Cook it from 5 to 10 minutes.

TAHURI SAUCE

Chinese tahuri, 2 squares
Garlic, 1 segment
Water, 2 cups
Onion (sliced), 1
Tomatoes, 5 pieces
Vegetable fat, 2 tablespoons

Saute the garlic in the vegetable fat. Add the onion and tomatoes, and let them simmer in the fat for a few minutes. Add the mashed tahuri, and then the water. Bring the mixture to a boil once more, and serve it.

TARTAR SAUCE

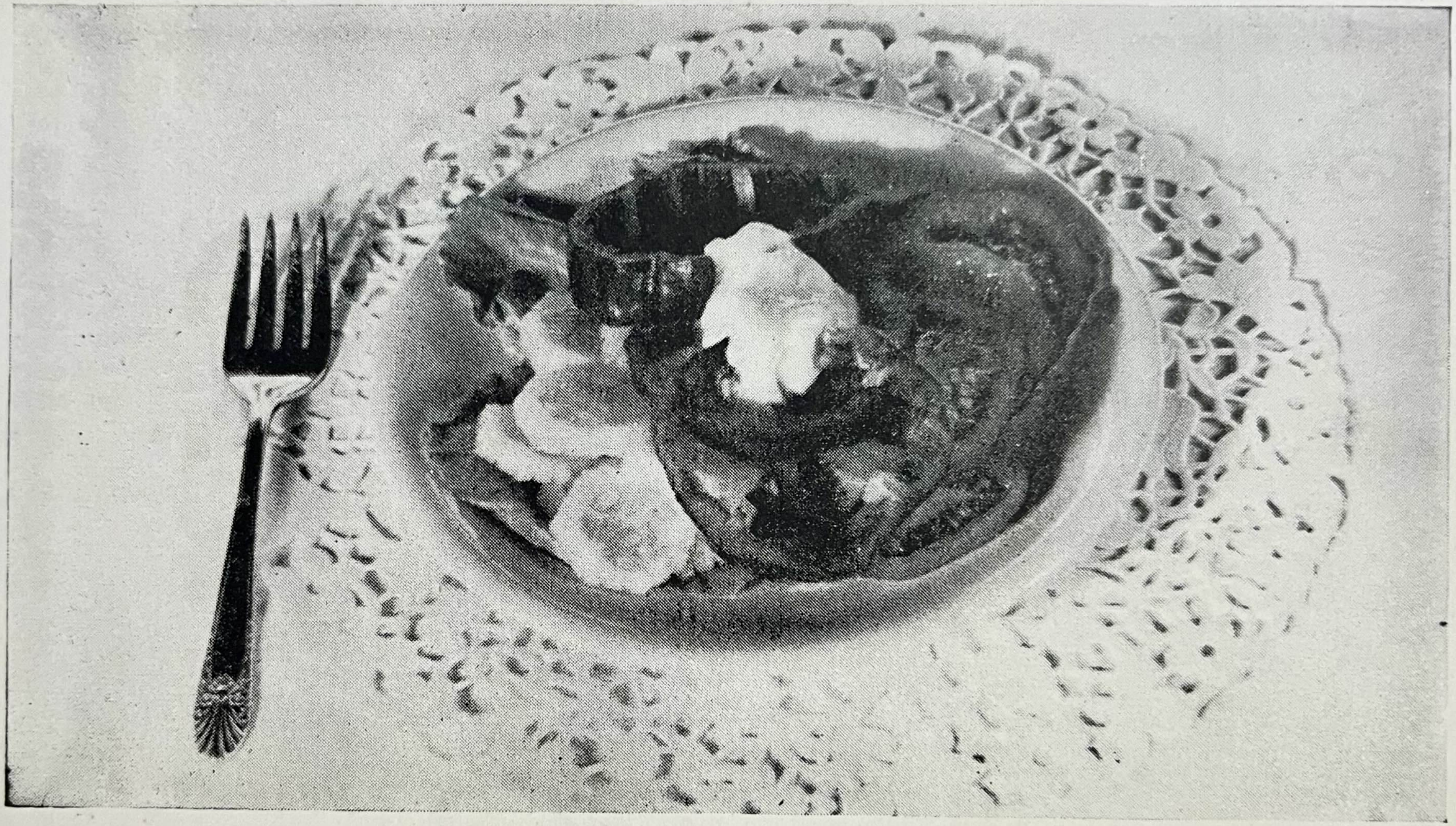
Mayonnaise, 1 cup
Tomato juice, 2 tablespoons
Onion juice, 1 teaspoon
Egg (hard-boiled, diced), 1
Pimiento (chopped), as desired
Pickle (dill, chopped), as desired

Combine the ingredients immediately before serving.

CREOLE SAUCE

Onion (chopped), 2 tablespoons
Vegetable fat, $\frac{1}{4}$ cup
Cereal coffee (liquid), $\frac{1}{3}$ cup
Flour (browned), $\frac{1}{4}$ cup
Water, 2 cups
Tomato soup (thick), $\frac{1}{4}$ can
Mushrooms (chopped), $\frac{1}{2}$ cup
Soy sauce, 2 teaspoons
Salt, 1 teaspoon

Brown the onion in the vegetable fat in a frying pan, and add the flour. Add the cereal coffee and the tomato soup. Remove the pan from the fire, and stir the liquids gradually into the flour and onions. Boil the mixture a few minutes, and then add the mushrooms, soy sauce, and salt. This sauce can be used with many various main vegetable dishes.



Top Your Salad With Golden Mayonnaise! (See page 87.)

Chapter 7

DRESSINGS AND FROSTINGS

FRENCH DRESSING FOR FRUIT

Orange juice, ¼ cup
Pineapple juice, ¼ cup
Lime juice, 2 tablespoons
Salad oil, ¼ cup
Salt, ¼ teaspoon
Sugar, 1 teaspoon

Combine all the ingredients, and beat the mixture until they are well blended.

FRENCH DRESSING—I

Salad oil, ⅔ cup
Salt, 1½ teaspoons
Lemon juice, 4 to 5 tablespoons
Paprika, ½ teaspoon
Sugar, 1 teaspoon

Mix the ingredients together. Beat them well or shake them in a covered container until they are thoroughly mixed. Chill the mixture. Shake it well before serving.

Additional seasonings, such as onion juice and garlic, may be added.

FRENCH DRESSING—II

Lime juice, ½ cup
Salad oil, ¾ cup
Salt, 1 teaspoon
Paprika, 1 teaspoon
Sugar, 2 tablespoons

To the lime juice, add first the salad oil, then the salt, next the paprika, and finally the sugar. Shake the mixture well before serving.

If desired, add ½ teaspoon of celery seed and ¼ teaspoon of salt. Any of the following things, or a mixture of them, may be chopped and added: parsley, beets, green pepper, pimiento, hard-boiled eggs, celery, cream cheese, and tokua. To make cream French dressing, add 3 tablespoons of whipped cream.

FRENCH DRESSING—III

Garlic, 1 clove
Salt, ½ teaspoon
Sugar, ½ teaspoon
Paprika, ⅛ teaspoon
Olive oil, a tablespoon
Lime juice, 2 tablespoons

Rub the inside of the salad bowl with the garlic. Mix the other dry ingredients together. Add to them the olive oil, stirring the ingredients until they are thoroughly mixed. Add the lime juice a few drops at a time, beating the mixture all the time until it is slightly thick.

COOKED SALAD DRESSING—I

Flour, 2 tablespoons
Milk, 1 cup
Egg yolks (slightly beaten), 2
Sugar, 1 tablespoon
Salt, 1 teaspoon
Lime juice, ⅓ cup

Mix the flour, sugar, salt in the top section of a double-boiler. Stir in the milk gradually. Cook the mixture over boiling water, stirring it constantly until it thickens. Cover it and let it soak 10 minutes, and then remove it from the fire. Stir in the egg yolks, and cook the mixture 3 minutes more.

COOKED SALAD DRESSING—II

Sugar, 1½ tablespoons
Flour, 2 tablespoons
Egg (slightly beaten), 1
Salt, 1 teaspoon
Milk, ¾ cup
Vegetable fat, 2 tablespoons
Lemon juice, ¼ cup

Mix the sugar, salt, flour. Place the mixture into the top of a double boiler. Combine the milk and the beaten egg, and add them gradually to dry ingredients. Cook the mixture about 10 minutes over hot water, stirring it constantly until it thickens. Add the butter and lemon juice, blending them into the dressing. Cool the mixture before serving it.

THOUSAND ISLAND DRESSING

Dill pickle (minced), 1 tablespoon
Egg (hard-boiled and minced), 1 tablespoon
Onion (minced), 1 tablespoon
Parsley (minced), 1 tablespoon
Beets (minced), 1 tablespoon
Olives (minced), 1 tablespoon
Pimiento (minced), 1 tablespoon
Green pepper, 1 tablespoon
Mayonnaise, 1 cup

Fold the other ingredients into the mayonnaise. Chill.

ROYAL MAYONNAISE

Banana (mashed), 1
Mayonnaise, ¾ cups
Peanut butter, 2 to 3 tablespoons

Mix together the banana, mayonnaise, and peanut butter. If the mixture is too thick, thin it by adding a little evaporated milk (undiluted).

MAYONNAISE–I

Salt, ½ teaspoon
Egg yolk, 1
Sugar, ½ teaspoon
Lemon juice, 1 to 2 tablespoons
Salad oil, 1 cup

Mix well the salt, sugar (if desired), and egg yolk. Stir in 1 tablespoon of lemon juice. Add a drop or two of oil and beat the mixture vigorously after each addition. Then beat in the rest of the oil, a tablespoonful at a time. Beat in more lemon juice if the mixture becomes too thick.

MAYONNAISE–II

Egg yolk, 1
Lime juice, 2 tablespoons
Paprika, a pinch
Salad oil, ¾ cup
Salt, ½ teaspoon

Mix the egg yolk, lime juice, salt, and paprika thoroughly. Add the oil drop by drop at first, beating the mixture constantly with an egg beater. Add the oil gradually in larger amounts after the first 2 or 3 tablespoons of it have been used. Beat the mixture vigorously till it is emulsified and thick.

WHIPPED EVAPORATED MILK

Chill the evaporated milk (undiluted) until it is quite cold (till it begins to freeze and is slushy). Then whip it with a rotary egg beater. A tiny bit of salt added to the chilled milk makes it whip quicker. When it thickens during the whipping, it can be sweetened a bit with sugar, and a few drops of vanilla can be added, if desired. The milk should be whipped just before serving, because it does not stay whipped long.

AGAR-AGAR

Water (hot), 3 cups

Agar-agar, 1 stick

Rinse the stick of dry agar-agar in clean water. Then boil it in the 3 cups of hot water until it dissolves. If undiluted milk, vegetable juice, or fruit juice is desired, use 1½ cups of one of these liquids and 1½ cups of water. The salt or sugar desired should be added while the liquid is hot.

SEVEN-MINUTE FROSTING

Egg whites (not beaten), 2
Sugar, 1½ cups
Salt, ⅛ teaspoon
Water, 5 tablespoons
Corn syrup (light color), 1 teaspoon
Vanilla, 1 teaspoon

Combine the egg whites, salt, sugar, water, and syrup in the top of a double boiler, beating them with a rotary eggbeater until they are well mixed. Place the mixture over rapidly boiling water, beat it constantly, and cook it 7 minutes, or till the frosting is stiff enough to stand up in a peak. Then remove it from the double boiler, add the vanilla, and beat the mixture till it is thick enough to spread.

Note: The corn syrup is not essential and may be omitted, although it helps to keep the frosting from drying as rapidly as it does without it.

FROSTING FOR CAKE

Margarine, 4 tablespoons	**Evaporated milk (undiluted), as needed**
Powdered sugar, 4 cups	

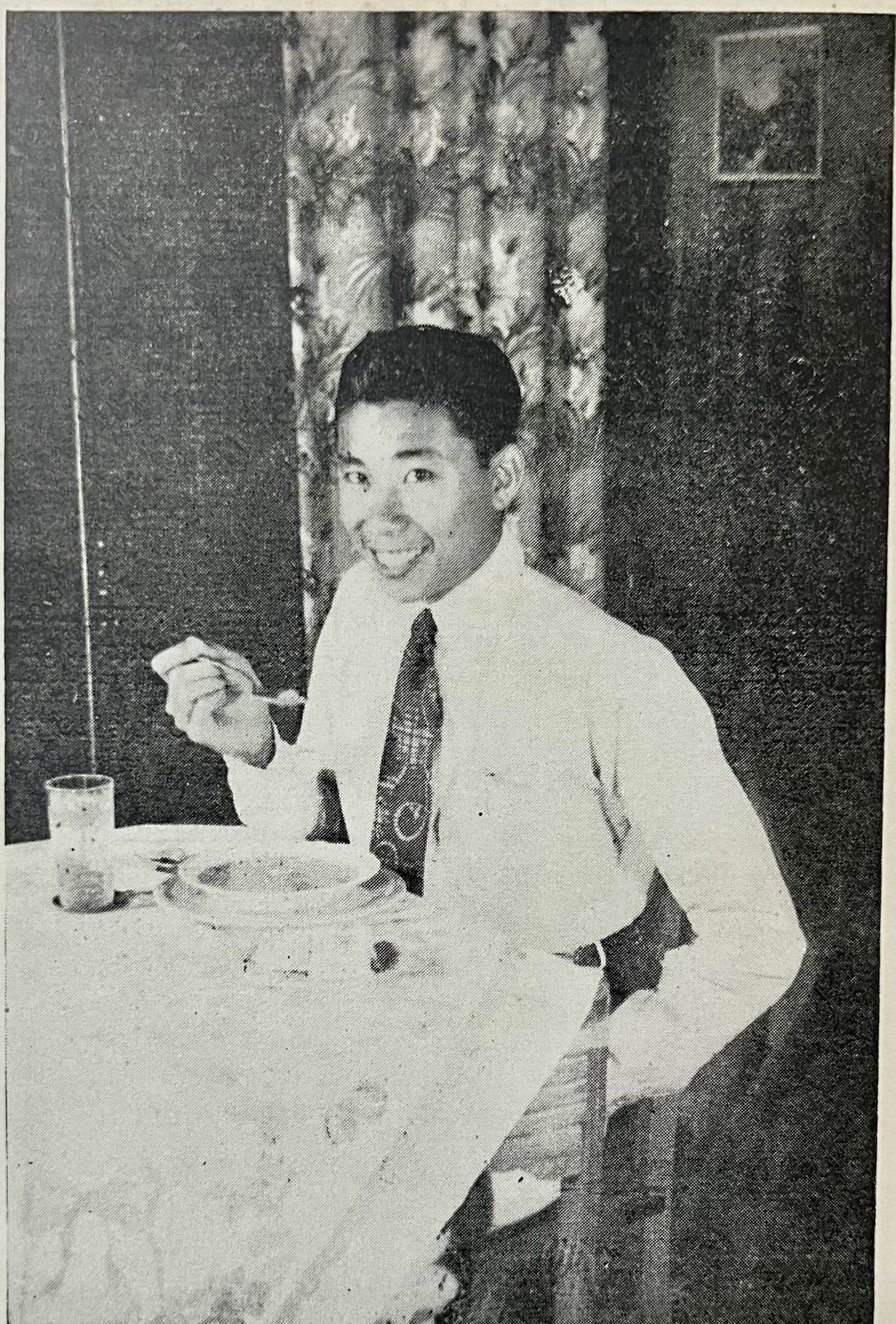
Vanilla, to taste

Mix the margarine and powdered sugar well into a creamy mass. When it gets stiff, gradually add the undiluted milk and the rest of sugar alternately. Beat the mixture 10 minutes by hand, or 5 minutes with an electric beater. Much beating makes the mixture light and fluffy. Add the vanilla, and spread the frosting on cake. Do not use more undiluted milk than is necessary to give the frosting the desired consistency. In other words, thin it by using more milk; thicken it, by using less milk.

STANDARD MERINGUE

Whites of 2 eggs	**Salt, a pinch**
Sugar, 2 tablespoons	**Vanilla, a few drops**

Put the egg whites in a deep bowl, and a pinch of salt, and beat them till they are stiff enough to stand alone in the form of a peak. Then fold into the mixture the sugar and vanilla. This standard meringue can be used wherever meringue is called for.



Have You Tried Bean Soup? (See Page 92.)

Chapter 8

SAVORY SOUPS

SPLIT-PEA SOUP

Split peas (green), 1 cup	**Onion (medium-size), 1**
Celery, 2 stalks	**Vegetable fat, 1 tablespoon**
Carrot, 1	**Salt, to taste**

Water, 2 quarts

Cut the celery and carrots into short pieces, and chop the onion. Boil all the ingredients together in 2 quarts of water until cooked. Put them through a colander or a sieve. Reheat, and serve. Milk, $\frac{1}{2}$ cup, may be added, if desired, just before serving.

LENTIL SOUP—I

Lentils (boiled), 1 cup	**Flour, 1 tablespoon**
Onion (chopped), 1	**Milk, (evaporated, undiluted), $\frac{1}{4}$ cup**
Potatoes (diced), 1 cup	
Vegetable fat, 2 tablespoons	**Water, 6 cups**

Salt, to taste

Boil the onion and potatoes in the 6 cups of water. Heat the vegetable fat in a small frying pan, and add the flour. Brown the flour slowly, and then add it to the lentils. Strain the mixture through a sieve or colander, and then add the milk. Salt to taste.

LENTIL SOUP—II

Lentils, 2 cups	**Onion, 1**
Vegetable fat, 2 tablespoons	**Celery, 3 stalks**
Soy sauce, 2 tablespoons	**Water, 2 quarts**

Wash the lentils, and soak them overnight in 1 quart of water. Slice the onion and brown it in the fat. Add the browned onion, the hot grease, and the celery (cut in small pieces), soy sauce, and 1 quart of warm water. Boil the mixture slowly, stirring it occasionally until the lentils are quite soft. Put the mixture through a sieve, adding salt to taste. Reheat it, and serve it.

MONGO BEAN CREAM SOUP

Mongo beans, 1½ cups
Potato (raw, shredded), 1 cup
Vegetable fat, as needed
Water, 6 cups
Onion (minced), 1
Native celery, 2 stalks
Milk, 1 can
Salt, to taste

Pick over the beans, and wash them several times. Soak them overnight in water. Boil them in the 6 cups of water—together with the onion, celery, and salt—steadily for 1 hour. Add the potato, and continue the boiling until they are well done. Put the mixture through a colander. Season it with margarine butter and milk. Reheat the mixture, and then serve it.

BEAN SOUP–I

Beans (boiled), 2 cups
Water, 3 cups
Onion (grated), 1
Salt, to taste
Vegetable fat, 1 tablespoon

Put the beans through a sieve or colander, and add the onion, water, and salt. Then let the mixture boil from 10 to 15 minutes. Add the vegetable fat, and then serve it hot. If a creamed soup is desired, add small amount of evaporated milk before serving. This basic recipe can be varied by using different kinds of beans and also lentils.

BEAN SOUP–II

White beans (dry), ½ cup
Onion (chopped), 1 tablespoon
Green pepper, 1
Egg, 1
Flour, 1 tablespoon
Vegetable fat, 1 tablespoon
Water, 3 cups
Lemon, 1

Wash the dry beans, soak them overnight in the 3 cups of water. Boil them slowly until soft. Add extra water, if needed. When they are soft, put the beans through a sieve or colander. Saute the chopped onion and green pepper (also chopped) in hot vegetable fat. Add them, with salt to taste, to the bean mash. Reheat the mixture, add the hard-boiled egg (chopped), and serve. If desired, thin slices of lemon may be added before serving.

SOYBEAN SOUP

Soybeans (boiled), 1 cup
Red pepper (sweet, chopped fine), 3 tablespoons
Sugar, 1¼ teaspoons
Water, 1 cup
Onion (chopped), 1 teaspoon

Mash the soy beans, and pass them through a sieve or colander. Add the water and salt, and boil them until the soup thickens. Then add the pepper and onion, and boil the mixture 5 minutes more. Serve it hot.

GARBANZO NOODLE SOUP

Garbanzos (cooked), 2 cups
Noodles, 1 cup
Vegetable fat, 1 tablespoon
Potato water, 2 cups
Egg, 1
Salt, to taste
Onion (braised), 2 tablespoons

Salt potato water, and bring it to a boil. Then add the noodles, and boil them until tender. Brown the egg (beaten) in the fat, and add it with the hot grease to the boiling noodles. Then add the garbanzos, which have been cooked with the braised onion.

BEAN-AND-TOMATO SOUP

Mashed beans (boiled), 2 cups
Tomatoes (stewed), 2 cups
Salt, to taste
Cream (thin), 1 cup
Rice(boiled), 1 cup
Water, as needed

Rub the beans through a colander or sieve, and add to them the salt, cream, rice, and enough water to obtain the desired consistency. Put the mixture on the fire and bring it to a boil, and serve it hot. The cream may be obtained by adding undiluted evaporated milk with water.

LIMA BEAN AND TOMATO SOUP

Lima beans (dry and soaked overnight), 1 cup
Celery, 1 or 2 stalks
Water (including that in which the beans were soaked), 6 cups
Onion, 1
Salt, to taste
Tomato juice, ½ cup
Milk (evaporated, undiluted), ¾ cup

Cook the beans, celery, and onion until well done. Remove the onion, if desired, and mash the rest through a sieve or a colander. Season the mixture to taste with tomato juice and salt. Add the milk, if desired. Serve with cracker or croutons.

TOMATO-OKRA SOUP

Potatoes (medium-size), 2
Okra (cut), 2 cups
Onion, 1
Dry rice, 2 tablespoons
Tomatoes, 2 cups
Water, 3 cups
Vegetable fat, 1 tablespoon
Salt, to taste

Dice the potatoes after washing and paring them. Cut the tender okra pods into pieces about ½ inch long. Cut the onion into thin slices. Boil all the ingredients together in the 3 cups of water until cooked, and then serve. If the soup is too thick, thin it to the desired consistency by adding hot water.

Native celery (*kinchay*) may be used instead of parsley.

CREAM OF TOMATO SOUP

Tomatoes, 3 cups
Parsley, 3 or 4 sprigs
Salt, to taste
Butter, 1 tablespoon
Flour, 1 tablespoon
Onion, 2 slices
Bay leaf (small), 1
Milk, 2 cups
Water, 1 cup
Sugar, ½ teaspoon

Boil together the tomato, onion, salt, bay leaf, and sugar. Strain the mixture through a sieve or a colander. Make a white sauce of the vegetable fat, flour, milk, and water. Cook sauce in double boiler. While stirring constantly, gradually add the seasoned tomatoes to the sauce when you are ready to serve the soup. Do not let it boil after it is combined.

TROPICAL TOMATO SOUP

Onion (sliced), ½
Vegetable fat, 1 tablespoon
Tomatoes (medium, sliced), 6
Coconut milk, 1 cup
Water, 1 cup
Green onion tops (chopped), a few
Salt, to taste

Saute the onion in the vegetable fat till it is golden brown. Then add the tomatoes, and stir them till they are almost cooked. Add the coconut milk and the water, and stir the mixture well. Let it simmer 2 minutes. Remove it from the fire, and add the green onion tops. A sprig of parsley may be used instead of the chopped green onion tops.

TOMATO-NOODLE SOUP

Vegetable fat, 1 tablespoon
Onion (small, chopped), 1
Water (hot), 1 quart
Noodles
Milk (evaporated, undiluted), ½ cup
Tomato juice, 1 quart

Simmer the chopped onion in the vegetable fat until it is light brown. Add the water and tomato juice. Simmer the mixture ½ hour. Add as many noodles as desired, and cook the mixture until the noodles are done. Add the milk just before serving.

SPINACH SOUP—I

Vegetable fat, 2 tablespoons
Milk, 3 cups
Raw spinach (chopped), 1½ cups
Salt, ½ teaspoon
Flour, 2 tablespoons
Onion, 1
Hot water, 1 cup
Celery salt, ¼ teaspoon

Make a white sauce of the vegetable fat, flour, and milk, and add whole onion. Place the mixture in a double boiler, and cook it 15 minutes. Remove the onion. Put the spinach through a food chopper, using the fine blade, and add it and the hot water to sauce. Season the mixture with salt and celery salt. Do not boil it, but keep it covered on the fire 5 minutes longer. Serve hot.

SPINACH SOUP–II

Garlic, 2 cloves
Onion (diced), ¼
Spinach (chopped), 1 cup
Egg, 1
Water, 2 cups
Salt, to taste
Vetsin, ¼ teaspoon

Saute the garlic in hot vegetable fat until brown. Remove the garlic from the grease. Add the onion, and then the spinach to the grease. Add the water, salt to taste, and cover the mixture till the spinach is just done, but not overcooked. Put in the vetsin and the egg (well beaten) into the soup just before removing it from fire. Serve it hot.

CREAM OF SPINACH SOUP

Spinach (boiled), ½ cup
Milk (warm), 3 cups
Vegetable fat, 2 tablespoons
Salt, 1 teaspoon
Flour, 2 tablespoons

Put the spinach through a sieve or a colander to make a puree. Then make a medium white sauce of the remaining ingredients. Add the spinach puree to the sauce. Heat the mixture quickly, stirring it constantly.

CREAM SOUP

Vegetable puree, ½ cup
Cream sauce (basic), ¾ cup

Pepare the puree. Make a cream sauce and add to it the puree, beating them well. Add more salt to taste and other seasonings. Reheat the mixture, and serve it.

BASIC CREAM SAUCE FOR SOUP

Vegetable fat, 1 tablespoon
Salt, ¼ teaspoon
Flour, 1½ teaspoons
Milk, ¾ cup

Melt the vegetable fat in a small saucepan, stir in the flour and seasonings. Stir in the milk gradually and continue stirring the mixture over low heat until the sauce thickens and boils. In case of allergy to wheat, 1 teaspoon of cornstarch may be used instead of the flour.

CREAM OF ONION SOUP

Follow the general recipe for "Cream Soup." Garnish with minced native celery.

CREAM OF CARROT SOUP

Follow the general recipe for "Cream Soup." Garnish the dish with native celery.

CREAM OF CELERY SOUP

Celery (minced stalks and tops), 2½ cups
Vegetable fat, 1 tablespoon
Water, 1 cup
Milk, 1 quart
Cornstarch, 2 tablespoons
Onion (sliced), 1
Salt, to taste

Boil the celery, onion, and vegetable in 1 cup of water until the vegetables are tender. Add the quart of milk, and bring the mixture to a boil. Thicken it with the cornstarch mixed with 2 tablespoons of cold water. Salt to taste, and serve.

CREAM OF POTATO SOUP

Follow general recipe for "Cream Soup." Garnish the dish with minced chives.

POTATO SOUP

Potato (medium, diced), 1
Cabbage leaves (shredded), 2
Onion (chopped), 1
Egg (hard-boiled, sliced), 1
Garlic (crushed), 2 cloves
Green onion tops (chopped), a few
Vetsin, to taste
Vegetable fat, 1 tablespoon
Milk (evaporated), ½ cup

Saute the garlic and the onion in the vegetable fat. Add the potato and the vetsin, with ¼ cup of water for cooking the egg. Add 1½ cups of cold water, and season the mixture with salt to taste. When the soup has boiled, add the potato. When the potato is cooked, add the cabbage and milk and the green onion tops. Serve it hot.

POTATO CHOWDER

Potato (boiled), 2 cups
Onion (small), 1
Egg, 1
Water, 3 cups
Native celery (minced), ¼ cup
Potatoes (raw, shredded), 1 cup
Evaporated milk (undiluted), 2 cups
Salt, to taste

Put the 2 cups of boiled potato through a colander, and add the water and the milk. Then add the celery and the potato. Boil the mixture 15 minutes. Stir in the scrambled egg, with salt to taste.

POTATO-CELERY SOUP

Celery (cut), 2½ cups
Potatoes (medium-size), 3
Vetsin, to taste
Onion, 1
Vegetable fat, 1 tablespoon
Salt, to taste

Boil the onion (chopped), potatoes (diced), and celery in water until they are tender. Add the vegetable fat, vetsin, and salt. Milk may be added to make a creamed soup, just before serving, if desired.

GALICIAN BROTH

(*Caldo Gallego*)

White beans (dry), 1 cup
Potatoes (medium-size), 2
Turnip greens, 3 cups (packed)
Onion, 1
Water, 2 quarts
Garlic, 2 cloves
Vegetable fat, 3 tablespoons
Salt, to taste

Wash the white dry beans, and let them soak all night in enough water to cover well. Pour off the water in which the beans have been soaked. Boil the soaked beans in 2 quarts of fresh water in a 5- or 6-quart kettle. In the meantime wash the turnip greens well, so that they will be free of dirt and insects. When the beans have boiled about 1½ hours, add the onion (diced), the potatoes (diced also), and the turnip greens, and let them boil together. When these ingredients are thoroughly cooked, brown well the garlic (diced) in the vegetable fat in a frying pan. When it is well browned, lift the garlic from the frying pan with a fork, and then slowly pour the hot grease into the kettle of broth. Stir well, salt to taste, and serve. If the broth should be too thick, add enough water to thin it to the desired consistency.

Cabbage leaves (outer), collard leaves, or mustard greens may be used instead of turnip tops.

VITAMIN SOUP

Cabbage, 1 cup
Carrots, 1 cup
String beans, 1 cup
Potatoes, 2 cups
Butter, 2 teaspoons
Parsley, 1 sprig
Onion (medium-size), 1
Celery stalks (with leaves), 2
Sweet potato (small), 1
Tomatoes (large), 2
Vetsin, to taste
Salt, to taste

Wash the vegetables, but do not peel them. Cut them, and put them in a kettle. Cover them with cold water. Boil those vegetables until they are tender. Add the tomatoes and salt to the mixture. Boil it about 20 minutes, then press all the vegetables through a sieve or a colander. Add enough water to make 3 quarts, or as desired. Season the soup with the vetsin. Reheat it and serve.

MOCK CHICKEN SOUP–I

Onion (sliced), ½
Vegetable fat, 1 tablespoon
Carrot (small, diced), 1
Pechay (chopped), 1 stalk
Salt, to taste
Water, 4 cups
Egg (beaten), 1
Vetsin, ¼ teaspoon

Saute the sliced onion until it is golden brown. Add the diced carrot, and saute the mixture 5 minutes. Then add the pechay, and stir it. Cover the kettle and cook the mixture 5 minutes longer. Season it with salt. Add the water, and boil the mixture a little longer with the cover on. Pour the beaten egg into the soup, stirring the mixture continuously until the egg is cooked. Remove the kettle from the fire, and add the vetsin to flavor.

MOCK CHICKEN SOUP—II

Potatoes (medium-size), 2
Onion (small), 1
Water, 4 cups
Eggs, 1 or 2
Vegetable fat, as desired
Salt, to taste

Boil the potatoes (diced) and the onion (diced also) in the water, with salt to taste. When they are nearly done, scramble the egg in vegetable fat until it is golden brown, stirring it constantly. (Dehydrated egg can be used for the purpose, if preferred.) Add the browned scrambled egg, with the hot grease, to the soup, and let the mixture boil until well cooked. If cream is desired, 1 cup of canned milk may be added just before removing the soup from the fire.

MOCK CHICKEN SOUP—III

Eggs, 2
Celery salt, 1 teaspoon
Onions (small) 2
Vegetable fat, 3 tablespoons
Milk (evaporated, undiluted), ½ cup
Potato water, 2 cups
Parsley, a few sprigs

Scramble eggs in butter. Add this mixture to potato water and boil for 10 minutes. Flavor it with celery salt, parsley, and onion (chopped). Add the hot evaporated milk (undiluted) and serve.

MOCK CHICKEN SOUP—IV

Egg, 1
Potato, 1
Onion (small), 1
Carrot, 1
Noodles, a few
Vegetable fat, 2 teaspoons
Water, 2 cups
Salt, to taste
Vetsin, to taste

Fry the egg in the vegetable fat, breaking the egg very fine. Dice the potato, carrot, and onion. Cook them together in the water until they are tender. Add to them the browned egg. Season the mixture with salt and vetsin, and add a few noodles.

MOCK CHICKEN SOUP—V

Potatoes (medium), 3
Onion (medium), 1
Celery stalks, 2
Vegetable fat, 2 tablespoons
Asparagus, ½ of a No. 2 can
Ground gluten, 2 tablespoons
Flour, 2 tablespoons
Milk (rich), 1 quart
Salt, to taste

Mince the onion, chop the celery, and dice the potatoes. Put them in a heavy kettle, with just enough water to cover them. Boil them until they are tender. Cream the vegetable fat and flour, mixing them with a little milk and warm juice from the vegetables. Stir the paste until it is smooth. Add the milk to the vegetables, and heat the mixture. When it is hot, add to it the butter-and-flour paste, and stir the soup while it heats 2 or 3 minutes. Then cut the asparragus into short pieces, and add them and the ground gluten to the soup. Reduce the heat, and let the soup simmer a few minutes.

MOCK CHICKEN SOUP—VI

Egg, 1
Onion (small), 1
Vegetable fat, 2 teaspoons
Salt, to taste
Carrot (diced), 1 tablespoon
Water, 2 cups
Cooked noodles, ½ cup
Vetsin, 1 teaspoon
Potato, 1

Fry the egg in vegetable fat, break it up into very fine pieces, and fry them till they are golden brown. Dice the potato, carrot, and onion. Boil them in water until they are tender. Add to this mixture the egg, season it with salt, and put in the cooked noodles. Serve the soup with croutons or crisp crackers.

CREAM OF CORN SOUP

Follow the general recipe for "Cream Soup." Use either fresh grated corn or canned corn, cream style. *To make the puree*: Use milk instead of water, and boil it 10 minutes in the top of a double boiler. The puree may be unstrained, if desired. Garnish the dish with strips of pimiento.

CORN SOUP—I

Vegetable fat, 1 tablespoon
Garlic, 1 clove
Onion (chopped), 1 tablespoon
Water, 2½ cups
Salt, to taste
Milk (evaporated), ½ cup
Corn (fresh, grated), 1 cup

Saute the garlic till it is light brown, and then add the chopped onion, stirring the mixture till it is cooked but not brown. Add the corn and the water. Season the mixture with salt, and cook it 20 minutes. When it is done, add the milk, and serve the soup hot.

CORN SOUP—II

Ears of corn (fresh), 4
Onion (minced), 1 tablespoon
Water, 4 cups
Salt, to taste

Slice the fresh, tender corn off the cobs, and scrape the cobs to get off the corn left on them. Then boil the corn in the water, together with the salt. When it is almost cooked, add the onions, and let the mixture simmer till they are done. Milk may be added to cream the soup, if it is desired. Serve the soup hot.

CREAMED CORN SOUP

Fresh corn, 2½ cups
Milk, 1 cup
Onion (chopped), 1
Vegetable fat, 2 tablespoons
Flour, 2 tablespoons
Salt, ½ teaspoon
Water (corn stock), 2 cups

Boil the corn on the cob until it is tender and cooked. Save the water. Then cut it off from the cob, and put it through a sieve or a colander. Heat the vegetable fat in a pan. Put the onions in it, and let them simmer about 5 minutes, till they are soft but not brown. Stir in the flour and seasoning. Remove the mixture from the fire, and slowly add the milk, stirring continually until the ingredients are blended. Boil the soup till it is smooth and of the right consistency, stirring it constantly. Then add the boiled corn and water stock. Reheat the soup, and serve it hot.

CREAM OF MIXED-VEGETABLE SOUP

Follow the general recipe for "Cream Soup." *To make the puree*: Dice such raw vegetables as potatoes, onions, carrots, celery, and such leftover cooked vegetables as peas, lima beans, spinach, and tomatoes. They may be cooked together and put through a sieve or colander. Garnish the dish with grated raw carrot or minced native celery.

VEGETABLE CHOWDER

Milk (warm) 1½ cups	**Water, 4 cups**
Corn (stewed), 1 cup	**Celery (chopped), 3 stalks**
Potatoes (sliced), 2 cups	**Onion (chopped), 4 tablespoons**
Vegetable fat, 2 tablespoons	**Salt, to taste**

Tomatoes (stewed), 2 cups

Simmer the onion and celery in the vegetable fat. Add the potatoes and water, salt to taste, and boil the mixture 10 minutes. Add the corn and tomatoes, and then boil the mixture longer. Add the warm milk, heat the mixture thoroughly but do not boil it, and then serve.

PLAIN VEGETABLE SOUP

Water, 5 cups	**Salt, to taste**
Sweet potatoes (sliced), ½ cup	**Green onions (chopped), ½ cup**
Green pepper (chopped), 2	**Juice of 2 limes**

Spinach (chopped), ½ cup

Put the water to boil, and drop in the sweet potatoes. Cook until tender, then add the green pepper and spinach. Add salt to taste before removing from the fire, then add the green onions. Before serving, add the lime juice flavor. Pechay or cabbage may be used instead of spinach.

VEGETABLE WHITE SOUP

Potatoes, cooked and diced
Water, 5 cups
White cabbage (chopped), ½ cup
Onion (minced), 1
Egg whites, 2
Bay leaf, 1 small, if desired
Salt, to taste
Milk from ½ coconut (or evaporated milk, 1 small can)

Boil the potatoes with the diced cabbage and onions 30 minutes, or until tender. Then add the beaten egg whites slowly. Add the bay leaf, and salt to taste. Let the mixture stay on the fire 10 minutes. When it is ready to serve, remove it from the fire, and add the coconut milk (or evaporated milk). Add 1 small can of tomato juice, if desired.

VEGETARIAN SOUP

Potato (diced), 1 cup
Onion (sliced), ¼ cup
Celery (chopped), ¼ cup
String beans (chopped), ½ cup
Lettuce (chopped), 1 cup
Vegetable fat, 2 tablespoons
Water, 1 quart
Flour, 2 tablespoons
Salt, to taste
Pancit (broken up), ⅓ cup
Tomato soup, ½ cup

Boil the potato, in enough water to cover them, until they are tender. Drain off the liquid, and put it to one side. Press the potato through a sieve or colander, and add the liquid. Heat the vegetable fat, add the onions, let them saute about 10 minutes, till they are lightly browned. Then add the flour, and stir the mixture well. Remove it from the fire, and slowly add the quart of water. Stir the soup till it is smooth. Return it to the fire, add the seasonings, vegetables, and pancit. Boil the ingredients together gently for 20 minutes, until the vegetables are tender. Then add the tomatoes and the potato (with the liquid in which it was boiled). Reheat the soup, and serve it hot.

VEGETABLE SOUP—I

Potatoes (diced), 2
Carrot (diced), 2
Cabbage (chopped), 1 cup
Onion (sliced), 1
Celery (cut in pieces), 2 to 3 stalks
Tomatoes, 1 cup

Fresh beans, $\frac{1}{4}$ cup
Rice (dry), 2 tablespoons
Green beans, $\frac{1}{4}$ cup
Vegetable fat, 2 tablespoons
Salt, to taste

Cook all the ingredients together in plenty of water until the vegetables are tender and done.

VEGETABLE SOUP–II

Carrot (diced), 1
Celery stalks (diced), 2
Onion, 1
Boiling water, 6 cups
Parsley (chopped), 1 bunch
Okra (tender, cut), 6
Cabbage leaves (outer), 3
Salt, to taste
Vetsin, to taste
Celery salt, to taste

Add the carrot, celery, and onion to the boiling water, and boil them 10 minutes. Add the remaining vegetables and seasonings. Boil the mixture 20 minutes longer, and season it with salt. Add the vetsin for taste. Serve the soup hot.

VEGETABLE SOUP–III

Kidney beans (dry), 1 cup
Rice water, 6 cups
Salt, to taste
Chayote (large), 1
Pechay (or cabbage), $1\frac{1}{2}$ pounds
Butter, 1 tablespoon
Vetsin, tablespoon
Garlic (crushed), 3 cloves

Boil the kidney beans in the rice water, and add the salt. When the beans are tender, add the chayote and garlic. Boil them 3 minutes. (Add a little cornstarch for thickening, if desired.) Add the pechay (or cabbage), butter, vetsin, and salt as needed. Serve the soup hot.

VEGETABLE SOUP–IV

Carrot (medium, shredded), 1
Patola (sliced fine), $\frac{1}{2}$
Vegetable fat, 1 tablespoon
Chayote (small, sliced fine), 1
Vetsin, 1 teaspoon
Onion (chopped), 2 teaspoons
Egg, 1
Cabbage leaves, 2

Beat the egg, add to it the vetsin, and fry it till it is brown. Then chop it. Add to it the carrot and chayote, with $\frac{1}{4}$ cup of water to cover the mixture. Bring it to a boil, and add the cabbage and patola, with another cup of water and salt to taste. When the vegetables are cooked, remove the soup from the fire. Put it in a vegetable dish, and sprinkle on it the chopped onion. Serve it hot.

FRESH MUSHROOM SOUP–I

Rice water, 3 cups
Mushrooms (fresh), 1 cup
Salt, to taste
Malunggay leaves, $\frac{1}{3}$ cup

Boil the rice water, and add the mushrooms to it. When they are cooked tender, put in a pinch of salt. Then add the malunggay leaves, but do not overcook them. Serve the soup hot.

FRESH MUSHROOM SOUP–II

Mushrooms (fresh, chopped), 2 cups
Potatoes (diced), $\frac{1}{2}$ cup
Onion, (minced), 1 tablespoon
Water, 4 cups
Salt, to taste

Put the water, mushrooms, potatoes, and salt in a kettle, and bring them slowly to a boil. When they are almost cooked, add the onions and let the soup simmer till they are done. Serve it hot.

GARBANZO NOODLE SOUP

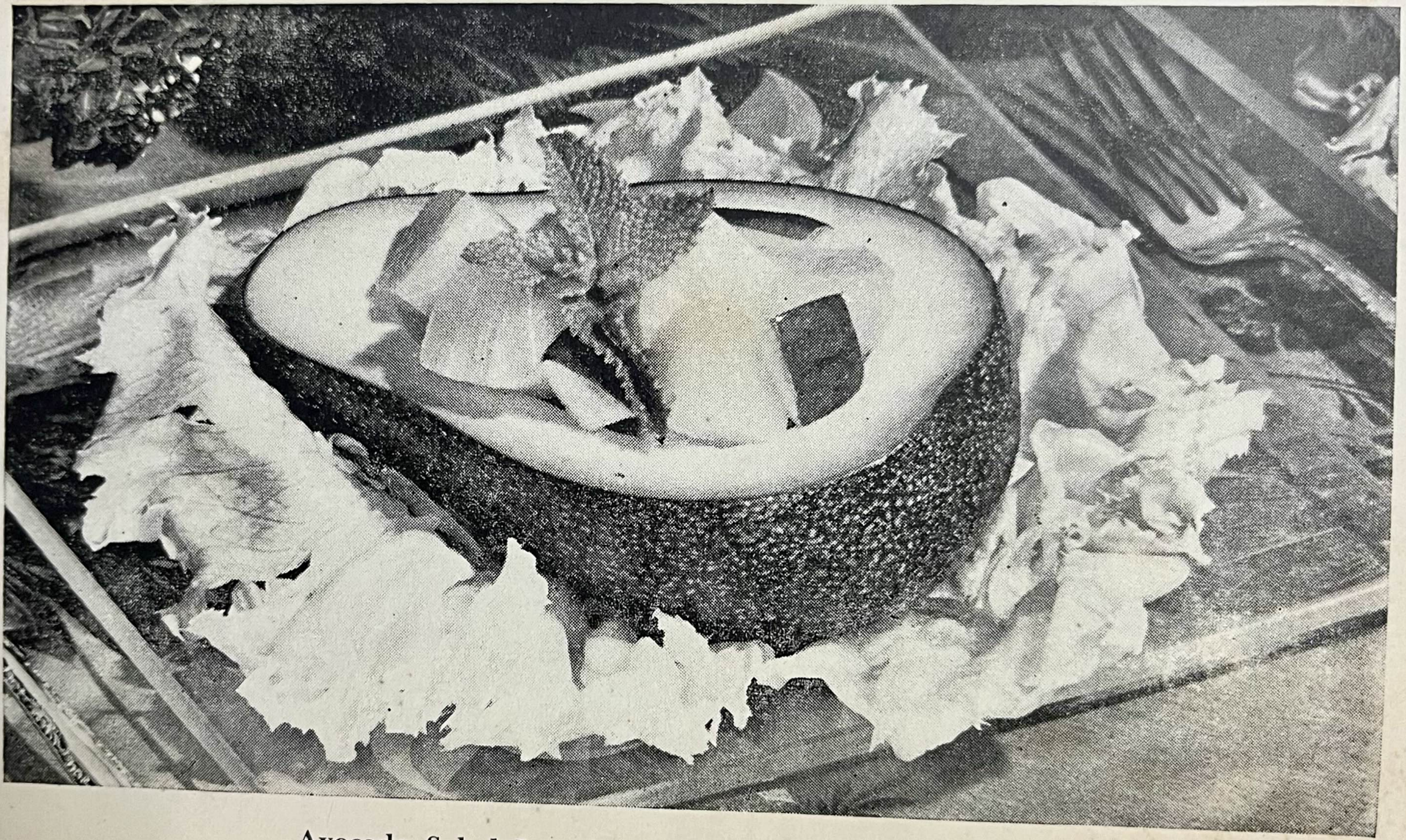
Salt, 1 teaspoon
Potato water, 2 cups
Egg (beaten), 1
Vegetable fat, 2 tablespoons
Noodles, 1 cup
Onion (braised), 2 tablespoons
Garbanzos (cooked), 2 cups

Add the salt to the potato water, and bring it to a boil. Then add the noodles, and boil them till they are tender. Brown the beaten egg in the vegetable fat, scrambling it; and then add it to the boiling noodles. Put the cooked garbanzos through a colander, and add them and the braised onion to the noodles. Add water, if needed, to thin the soup to the desired consistency.

TOMATO-OKRA SOUP WITH RICE

Rice, $\frac{1}{4}$ cup
Water, 4 cups
Celery, 2 stalks
Green pepper (sweet), $\frac{1}{2}$
Vegetable fat, $1\frac{1}{2}$ tablespoons
Onion (diced), 3 tablespoons
Tomatoes, 2 cups
Salt, to taste
Okra (sliced crosswise), 2 cups
Parsley (chopped), as desired

Brown the rice to a light golden brown in a frying pan over the open fire, add to it the water, and bring it to a boil. Dice the celery and the green pepper, put them in a saucepan with the onion and vegetable fat, and let them simmer 10 minutes. Do not let them brown. Then add to them the tomatoes, and bring the mixture to a boil. Add the browned rice, with salt to taste. Let the mixture continue to cook till the rice is tender, and then add the okra. Then boil the mixture some more till the vegetables are well done. Add the chopped parsley to the soup, and serve it. *Note*: The parsley may be omitted.



Avocado Salad Is a Tropical Treat. (See Page 112.)

Chapter 9

VEGETABLE SALADS

MAKE a salad attractive like a picture, varying and arranging the colors of the ingredients so as to produce contrasts.

When vegetables are cut up for a salad, make the pieces small enough to be easily eaten and yet large enough to retain their identity.

Watch the edges! Do not allow the leaves in a salad to extend beyond the edge of the dish.

To crisp greens quickly for making a salad, place them in a bowl of ice-cold water for a short time before using them.

When you wash greens before making a salad on which oil or mayonnaise will be used, dry them before adding the dressing. The dressing does not stick well to wet leaves but rather tends to drop off and run to the bottom of the dish. After rinsing the leaves, shake them loosely in the air or hold them before an electric fan to dry them.

To put zip in a salad, add a few drops of onion juice sprinkled in the French dressing, or a light touch of garlic juice in the salad bowl, or a little bit of paprika sprinkled on the mayonnaise.

Onion juice? When you need a few drops for flavoring, sprinkle a little salt on a slice of onion and scrape the salted surface with a knife or spoon to obtain the juice.

Better than vinegar! Lemon or lime juice—unfermented and rich in vitamins and mineral salts—is far better than vinegar for use in salads.

Lemon juice may be used to thin mayonnaise or in French dressings for salads.

A bit of lemon or lime juice added to ordinary milk cream makes a good substitute for sour cream as a salad dressing.

If lemon juice is put on salad greens before the oil is added, they become wet, so that oil put on them afterward fails to stick and falls to the bottom of the dish.

For color and flavor: A bit of lemon juice sprinkled on cut avocados helps to prevent discoloration and adds to the flavor of the salad.

Wait until just before serving a leafy salad to add the dressing, because the greens wilt quickly under a film of oil.

To keep salad greens fresh longer, wrap them either in a damp cloth or waxed paper, or place them in a paper bag, and put them in a cold place, but not directly on or very close to the ice. For storage in an automatic refrigerator, sprinkle the leaves with water, and put them in a bag or other closely covered container.

Rings of green peppers thinly sliced crosswise and laid upon a salad give it a scallopy effect, a dash of color, and a different flavor.

Crisp, tender carrots cut lengthwise into thin strips add both color and nourishment to a plain salad. Also they can be cut crosswise into thin slices, or grated, or shredded, or diced for combining with other salad ingredients.

Crisp, crunchy cauliflower flowerets make a salad tasty. Try them with your salad, and see.

Fresh, ripe tomatoes may be sliced, quartered, or even coarsely chopped, for making salads. Too, hollowed tomatoes may be filled with other salad ingredients and served on crisp lettuce leaves for a change.

Radish roses are easily and quickly made by cutting the skin of red-skinned radishes so as to form petals. These add a gay decorative garnish to vegetable salads and some other dishes.

Do you want variety? Cucumbers may be quartered lengthwise or sliced crosswise, after they are peeled, for a salad. For further variety, the quarter strips may be cut into short pieces and combined with other ingredients. The slices may be fluted, too, for still more variation. To flute a peeled cucumber, run the prongs of a fork lengthwise down it, and then slice it crosswise.

CUCUMBER SALAD

Cucumber (large), 1
Lettuce (American), 1 head
Onion, 1
Tomatoes, 2
Salt, to taste
Lime juice, 4 tablespoons
Sugar, 4 tablespoons

Peel the cucumber, and then grate it. Wash the head of lettuce, and drain it. Slice the onion and the tomatoes. Arrange the lettuce leaves in a salad dish, and place the grated cucumber on it. Garnish the dish with the onion and tomatoes. Pour on the salad a dressing made by mixing the salt, lime juice, and sugar.

COMBINATION VEGETABLE SALAD

Cucumber (large), 1
Tomatoes (medium), 4
Ice water, 2 cups
Salt, to taste

Peel the cucumber, and slice it crosswise. Drop the pieces into the ice water to chill. Peel the tomatoes, and slice them crosswise. Arrange the slices of cucumber and tomato on a salad plate as desired. Sprinkle the salt on them. Serve the salad with a French dressing.

ROYAL CUCUMBER SALAD

Cucumber (medium), 1
Radishes (small), 2
Tomatoes (small), 2
Green onion tops (chopped), as desired
Lime juice, 1 tablespoon
Salt, to taste

Wash the cucumber well, and cut it lengthwise into halves. Scoop out the pulp from the halves so as not to destroy the shells. Peel the radishes, and slice them fine. Add a bit of salt to the slices to offset their bite. Cut the tomatoes into pieces of the desired shape and thickness. Then combine the pieces of tomato, radish, and cucumber with the lime juice and salt. Fill the cucumber shells with this mixture. Garnish the top of the salad with a few slices of tomato and chopped onion tops.

AVOCADO SALAD

Arrange slices of avocado on a flat plate, and serve them with French dressing and salt to taste. The slices may be served on lettuce leaves, if desired.

POTATO SALAD

Potato (boiled, diced), 3 cups
Celery (chopped), ½ cup
French dressing, ½ cup
Onion (chopped), 1
Salt, 1 teaspoon
Egg (hard-boiled), 1

Mix the French dressing with the potato, and let the mixture stand 30 minutes. Then add the other ingredients, and mix them with a bit of mayonnaise. Place each serving of the mixture on a crisp, cupped leaf of lettuce, with a slice of hard-boiled egg on top. To vary this salad, add to the mixture a few spoons of sliced olives, sweet pickles, or chopped onion tops. Grate a bit of the yolk of a hard-boiled egg on top of the salad, instead of using a slice of egg.

EGG SALAD IN TOMATO CUPS

Tomatoes (medium-size), 4
Eggs (hard-boiled), 4
Celery (chopped), ½ cup
Onion (minced), 2 teaspoons
Lemon juice, 1 tablespoon
Salt, ½ teaspoon
Mayonnaise, 2 tablespoons

Wash the tomatoes, and remove the stem-end of each. Cut each tomato into eighths, without cutting it all the way through. Press back the petals of each one till it has the shape of a poinsettia. Sprinkle the inside of each with salt, and then chill them. Chop the hard-boiled eggs, and add to them the celery, onion, salt, lemon juice, and mayonnaise. Mix them well, and then place one fourth of this mixture in the center of each tomato. Serve them in a nest of lettuce leaves.

RED CABBAGE SALAD

Shred the desired quantity of raw red cabbage. Add a bit of undiluted evaporated milk, lime juice, and salt to taste.

CABBAGE SALAD

Onion (medium-size, finely chopped), 1	**Cabbage (finely shredded), 4 cups**
Lemon juice, 2 tablespoons	**Sugar, $\frac{1}{2}$ teaspoon**
	Salt, to taste

Mix the finely chopped vegetables. Sprinkle in the lemon juice and sugar. Mix the ingredients well, and chill the mixture. Serve each portion on a lettuce leaf.

DELICIOUS CABBAGE SALAD

Cabbage (crisp), 1 pound	**Raisins, 2 tablespoons**
Apples, 2	**Bananas, 2**
Orange juice, 10 tablespoons	

Chop the cabbage fine. Add to it the raisins and 2 apples (cored and cut in small pieces). Mix them with a dressing made of banana (mashed). Moisten with the orange juice (or mayonnaise dressing may be used if preferred).

STRING BEAN SALAD

String beans (cut into short lengths), 4 cups	**Mayonnaise, $\frac{1}{3}$ cup**
	Water, $1\frac{1}{2}$ cups
Salt, to taste	

Bring the water to a boil, and put in it the beans. Leave them boil till they are tender but not overcooked. When they are done, remove them from the water and place them in a dish. When they are cool, sprinkle them with salt, and mix in the mayonnaise.

SPANISH GASPACHO

Wash well several tomatoes, green peppers, onions, and cucumbers. Cut them into small pieces, and mix them together. Add salt and lime juice as desired. Chill before serving.

VEGETABLE SALAD

Mix chopped cucumber, tomato, cauliflower, and radishes with a small amount of chopped onion and green pepper. Sprinkle on the salt desired. Serve the salad with a French dressing.

VEGETABLE SALAD TREAT

Mix equal amounts of cooked lima beans, garden peas, and string beans. Place a serving of the mixture on a crisp, cupped leaf of lettuce. Serve it with a salad dressing on top.

COMBINATION VEGETABLE SALAD–I

Cabbage, ½ head
Carrots, 2
Celery, 3 stalks
Mayonnaise, 1 tablespoon
Onion, 1
Green pepper, 1
Cucumber, 1
Salt, to taste

Shred or grate the cabbage, carrots, onion, green pepper, and cucumber. Chop the celery. Mix these vegetables together well, and add the salt. Season them with the mayonnaise (or with some other salad dressing).

COMBINATION VEGETABLE SALAD–II

Green peppers, 2
Cucumber (diced), 2 cups
Chinese pechay (coarsely shredded), 2 cups
Carrots (shredded), 1 cup
Radishes (sliced), ½ cup
Tomatoes (medium), 5
Onion (chopped), ½ cup
Celery (chopped), ¼ cup
Salt, to taste
Mayonnaise, ½ cup

Slice the peppers into rings. Quarter the tomatoes. Then mix the vegetables together by tossing them up in a salad bowl. Sprinkle on the salt, and mix in the mayonnaise. Transfer the mixture to a salad dish, and serve it.

MACARONI VEGETABLE SALAD

Carrots (diced), 1 cup
String beans (cut), 1 cup
Cabbage (raw, sliced), 1 cup
Onion (chopped), ½ cup
Lime juice, ½ cup
Salt, to taste
Royal macaroni, ¼ box
Avocado, 1
Mayonnaise, 1 cup
Sugar, 1 tablespoon
Salad oil, 1 tablespoon

Boil the carrots and string beans (cut into pieces 1 inch long) until done. Mix the raw cabbage and onion with the lime juice, salad oil, sugar, and salt. Boil the macaroni until it is done. Then mix the vegetables, macaroni, and avocado, with $\frac{1}{4}$ cup of mayonnaise, in a salad bowl. Decorate the top of the salad with the rest of the mayonnaise. Chill it before serving.

SALAD PLATE

String beans (raw, 2-inch pieces), 2 cups
Tomatoes (medium), 4
Lime juice, 1 teaspoon
Cucumber (diced), 1 cup
Deviled egg (sliced), 1
Mayonnaise, 3 tablespoons
Lettuce leaves, 5
Pimiento, 4 strips
Salt, $\frac{1}{2}$ teaspoon
Olives (or sweet pickles), as desired
French dressing, 1 tablespoon

Boil the cut string beans until they are tender. Drain them, and set them aside. Wash the tomatoes, and cut off one slice at the stem end. Remove the seeds and the pulp from the center of each tomato, to leave it in the form of a cup. Then chop the pulp thus removed, and strain out the juice. Mix this tomato juice and the lime juice with the diced cucumber, and season the mixture with salt. Mix the boiled string beans with the French dressing. Shortly before serving, fill each of the tomato cups with the mixture, and put a bit of mayonnaise on top. Arrange the stuffed tomatoes on a platter lined with the lettuce leaves. And between the tomatoes place servings of the string beans, with a strip of pimiento on top of each serving. Arrange the slices of egg around the edge of the platter, and garnish them with slices of olive or sweet pickle.

HEALTH SALAD

Carrots (shredded), 1 cup
Salt, $\frac{1}{4}$ teaspoon
Raisins (seedless), $\frac{1}{3}$ cup
Apple (chopped), $\frac{1}{2}$ cup
Celery, $\frac{1}{2}$ cup
Mayonnaise, $\frac{1}{4}$ cup

Shred the carrots, and mix them with the celery (cut fine), chopped apple, and raisins. Sprinkle the mixture with salt, and add the mayonnaise. Stir it lightly. Serve it in a nest of lettuce.

JACKFRUIT-BANANA SALAD

Jackfruit meat (ripe), 2 cups
Bananas (ripe), 2 cups
Coconut milk (thick), 3 tablespoons
Peanuts (chopped), ½ cup

Cut the jackfruit meat and the bananas into cubes. Mix them together with the chopped peanuts, and add the coconut milk. Chill before serving.

JACKFRUIT SALAD

Jackfruit (small, young), 1
Onion (minced), 1
Tomatoes (medium-size), 4
Coconut milk (thick), 1 cup
Salt, to taste
Eggs (hard-boiled), 3
Native onions (chopped fine), 1

Peel the jackfruit, and cut it into pieces, excluding the inedible part in the center. Put the pieces in a kettle to boil in water, and add salt. Boil them until they are tender. When they are done, separate the pieces into fine shreds. Mix them with the lime juice, onions, tomatoes, and native onions. Pour the thick coconut milk into the mixture, and salt it to taste. Mix the ingredients thoroughly. Put this mixture neatly onto a platter, and garnish it on top with the sliced hard-boiled eggs. Serve it at once.

EGGPLANT SALAD—I

Eggplants (medium-size), 5
Lime juice, 2 teaspoons
Onion (minced), 1 teaspoon
Coconut milk (thick), ⅓ cup
Salt, 1 teaspoon

Prick the eggplant with a fork, and broil them over coals. When they are cooked, remove the skins. Add the lime juice, salt, and onion. Mix the ingredients well. Lastly, add the coconut milk.

EGGPLANT SALAD–II

Eggplant, $1\frac{1}{2}$ cups
Salt, 2 teaspoons
Onions (minced), 3 tablespoons
Tomato juice, 1 tablespoon
Coconut milk, $\frac{1}{4}$ cup
Tomato (sliced), as desired
Mayonnaise, as desired

Roast the eggplants and mash. Add the salt and minced onion. Pour the coconut milk in, and stir the mixture until it is well blended. Add the tomato juice. Garnish the dish with tomato slices, and put a little mayonnaise on the top.

EGGPLANT SALAD–III

Eggplants (medium-size), 5
Tomatoes (sliced), 3
Native onions (sliced), 2 tablespoons
Lime juice, 2 tablespoons

Boil or broil the eggplants. When they are cooked remove the skins. Salt the peeled pieces, and add the onion and lime juice. Stir them well until they are evenly mixed and seasoned. Put the mixture into a salad dish. Garnish it with thin tomato slices.

EGGPLANT SALAD–IV

Eggplants (medium-size), 12
Limes, 3 or 4
Onion (medium-size), 1
Salt, to taste
Tomatoes (big), 3

Boil the eggplants if they are tender and small. Roast them if they are medium or big. Then slice them lengthwise into pieces about $\frac{1}{2}$-inch thick. Slice the tomatoes and onion and then mix them together with the lime juice and salt. Mix them next with the eggplant, and serve.

EGGPLANT SALAD–V

Eggplants (big), 4
Tomatoes (medium-size), 4
Onion (medium-size), 1
Juice of 2 lemons
Coconut (small), 1
Salt, to taste

Prick the eggplants, and roast them. When they are done, skin them. Cut the tomatoes and the onion as desired. Divide the eggplants crosswise. Arrange them, the tomatoes, and onion on the salad dish. On these pour the lime juice. Grate the coconut, and squeeze out the pure milk. Pour this milk also on the top of the salad. Season it with salt, and serve.

BANANA BUD SALAD–I

Coconut (grated), 1
Tomatoes, 5
Banana buds, 2
Limes, 5
Onion, 1

Remove and discard the old part of the banana buds. Slice them, and while doing this, remove the thread. Boil the buds till they are soft. Remove them from the water, and press them to drain off the water. Make a thick milk from the grated coconut. Slice the tomatoes and onion, and add them to the sliced buds. Pour on the lime juice and thick coconut milk. Add salt to taste, and serve the salad.

BANANA BUD SALAD–II

Banana bud (preferably saba), 1
Tomatoes (ripe), 3
Native onions (sliced), 3
Coconut milk (thick), ½ cup
Lime juice, 3 tablespoons

Remove the red outer leaves of the banana bud, and divide the remaining part with a knife. Boil the halves until they are tender. Drain off the water and slice. Put it in a salad dish. Pour lime juice on the mixture, and stir it until the ingredients are thoroughly mixed. Salt it to taste. Add the coconut milk, onions, and stir the mixture well. Garnish the dish with thinly sliced tomatoes. Serve the salad cold.

BANANA BUD SALAD–III

Banana bud (boiled whole), 1
Coconut milk, from 1 coconut
Garlic (crushed fine), 1 clove
Limes, 2
Water, ¼ cup
Salt, ½ teaspoon

Remove the outer, tough covering of the banana bud. Boil the tender bud whole, in a kettle, with enough water to cover it. Grate the coconut. Squeeze the limes into the grated coconut. Squeeze out the coconut milk from this mixture. Chop the boiled bud into fine pieces, and place them in a deep bowl. Crush the garlic very fine. Add the salt. Mix all ingredients together in the bowl. Serve the mixture cold.

BANANA BUD SALAD–IV

Butuan banana bud (medium), 1
Onion (small), ½
Lime juice, 2 tablespoons
Salt, to taste
Coconut milk, ½ cup

Take off the covering of the banana bud. Slice the bud into fine slices, and put them in boiling water. When they are soft, drain off the water. Place the slices on a platter, and sprinkle them with salt. Then mix with them the diced onion, lime juice, and coconut milk.

PALM-HEART (UBOD) SALAD

Heart of betelnut palm, 2 bundles
Ampalayas (small, young), 2
Balimbings (small), 3
Ripe peppers (large), 3
Green peppers (large), 3
Onions (small), 2
Lime juice, 8 tablespoons
Garlic, 3 cloves
Salt, to taste
Eggs (hard-boiled), 2
Native garlic (cochay), 5 plants

Pare the ubod, and cut the soft part into pieces two inches long. Wash them, and boil them until they are tender. When they are done, remove them from the fire, and cut into pieces. Set aside these pieces till they are needed. Cut the ampalayas into thin rings, and remove the inside part of each. Cut the balimbings crosswise into thin slices. Cut the peppers into small pieces. Wash all in clean, cold water. Boil water vigorously, and then drop into it the pieces of ampalaya, balimbing, and pepper. Stir the mixture, and remove it from the fire. Drain off the water. Slice the native garlic, the onion, the garlic, and wash and drain them. Then mix all the ingredients together with the lime juice and salt. Garnish the salad with slices of hard-boiled eggs. Serve it cool.

TOKUA SALAD

Tokua, 1 cake
Green pepper (sweet, chopped), 1
Red pepper (sweet, chopped), 1
Green onions (young, cut fine), 6
Salt, to taste
Mayonnaise, as desired

Rinse the tokua, mash it, and place it in a pan to heat till the liquid cooks out of it. Continue the mashing, with a fork, while the tokua is cooking. When the tokua is quite dry, set it aside to cool. Shortly before serving, mix the tokua, salt, onion, pepper, and mayonnaise. Save some chopped red and green peppers for garnishing. Place each serving of the mixture on a crisp, cupped leaf of lettuce, and adorn the top with a slice of cucumber or tomato. A bit of the chopped red and green peppers may be put on top of each slice. Lime juice or French dressing may be used instead of mayonnaise for variation. A slice of avocado with each salad will make it more substantial.

FERN SALAD—I

Fern tops, 3 bundles
Tomatoes, 2
Salt, to taste
Lime juice, 6 tablespoons
Brown sugar, 2 tablespoons
Egg (hard-boiled), 1

Cut the fern tops into pieces 2 inches long. Wash them well, and blanch them with boiling water 2 minutes. Drain them, and arrange them on a plate. Garnish the dish with the slices of tomatoes and egg. Sprinkle the lime juice and sugar on it and add salt to taste.

FERN SALAD—II

Fern fronds, 1 bundle
Tomatoes (large), 3
Lettuce leaves
Onion (large), 1
Eggs (hard-boiled), 2
Salt, to taste
Lime juice
Sugar

Select only young fern fronds, and break them into short lengths. Boil them in water until they are tender. Drain off the water, and arrange the pieces on a bed of lettuce leaves, with the stems toward the center of the platter. Garnish the dish with sliced tomatoes and onions. Decorate it with sliced hard-boiled eggs. Pour over the salad a dressing made up of lime juice, sugar, and a little salt.

FERN SALAD—III

Fern fronds (tender), 1½ cups
Lime juice, 3 tablespoons
Salt, to taste
Egg (hard-boiled), 1
Tomatoes, 4
Onion (large), 1

Wash the fern fronds, and drop them into boiling water. Let them boil about 2 or 3 minutes. Put them on a plate, and pour the lime juice over them. Sprinkle on them a little salt. Slice the egg and the tomatoes. Arrange the slices of egg, tomatoes, and onion on the top of the pieces of fern.

BEAN-SPROUT SALAD

Bean sprouts, 2 cups
Salt, 1½ teaspoons
Soy sauce, ⅛ teaspoon
Salad oil, ¼ cup
Onion (grated), 2 tablespoons
Lettuce (shredded), 1 head
Green pepper (large, chopped fine), 1
Lime juice, 2 tablespoons

Steam or boil the bean sprouts 5 minutes. Skim off the husks that rise to the surface of the water. Drain off the water, and chill the bean sprouts. Make a dressing by mixing together the salt, soy sauce, salad oil, lime juice, and a small amount of the minced onion. Chill this mixture. Rub the inside of the salad bowl with garlic, if this flavor is desired. Then toss the lettuce, bean sprouts, pepper, and onion together in the salad bowl with a fork. Before serving, add the salad dressing.

MOLDED VEGETABLE LOAF

Agar-agar jell, 2 cups
Salt, 1½ teaspoons
Onion (chopped), 2 tablespoons
Cucumber (diced), 1 cup
Potatoes (cooked, diced), 1¼ cups
Tomatoes (sliced), 2
Eggs (hard-boiled), 2
Mayonnaise, as desired
Lettuce

Make the agar-agar jell according to the recipe given on p. 88. Add the salt and onion. Chill it until it is slightly thickened. Add the cucumbers and potatoes. Rinse the loaf pan (about 4½ by 8½ by 2 inches in size) in cold water. Then arrange half of the sliced tomatoes around the side of the pan. Fill the pan with the agar-agar jell mixture, and chill it until it is firm. Unmold it upon lettuce leaves on a platter. Then spread mayonnaise on top. Garnish the loaf with alternate slices of tomatoes and egg.

KATURAY BLOSSOM SALAD—I

Katuray blossoms (white), 4 cups
Onion (sliced), ⅓ cup
Lime juice, 1⅓ tablespoons
Water, 1½ cups
Tomato (large), 1
Sugar (brown), 2 teaspoons
Salt, ¼ teaspoon

Remove the calyx (the outer green cover) and pistils from the blossoms. Boil the water and pour it over the blossoms. Allow them to stand in the hot water about 1 minute. Drain them, squeeze out the water from them and lay them aside to cool. This should yield about 1¼ cups of blanched blossoms. Slice the onion thinly and crosswise. Slice the tomatoes or cut them into fourths, and then mash them slightly. Prepare a salad dressing by stirring the sugar and salt into the lime juice until they are dissolved. Combine the blossoms, tomatoes, and dressing, mixing them well. Arrange the mixture on a serving plate, and cover it with sliced onion. Serve it cool.

If desired, an artistic arrangement may be made by putting a layer of wilted blossoms on the serving plate and placing sliced tomatoes (unmashed) and onion on top. Pour the dressing over the salad.

KATURAY BLOSSOM SALAD—II

Katuray blossoms (boiled), 2 cups
Lime juice, 4 tablespoons
Eggs (hard-boiled and sliced), 2
Tomatoes (sliced), 4
Salt, to taste
Sweet pickles (sliced), a few

For Salad dressing:
Olive oil, 2 tablespoons
Sugar, 2 tablespoons

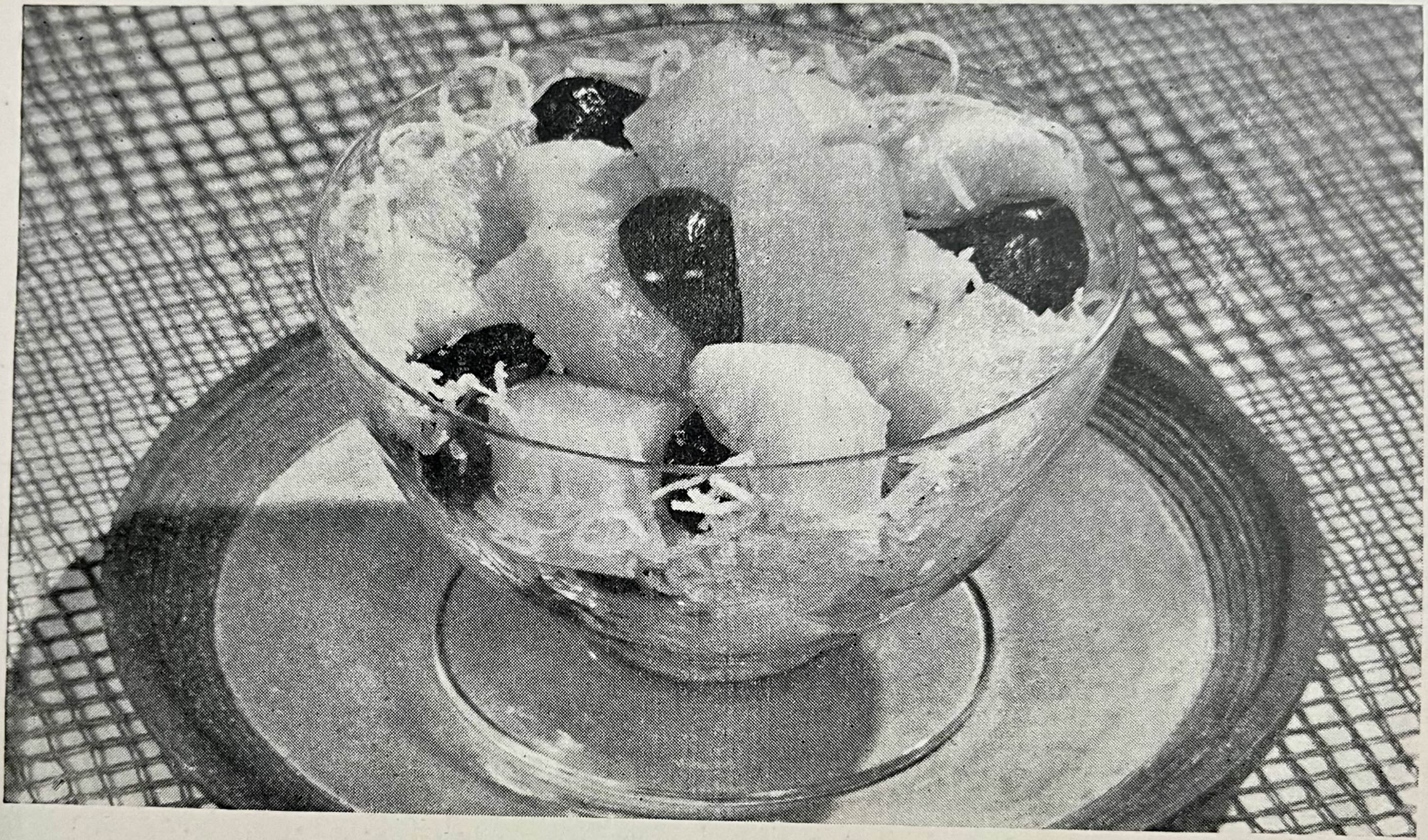
To the boiled katuray, add the lime juice, and salt to taste. Put on the dressing, and garnish the dish with the boiled eggs, tomatoes, and pickles.

KATURAY BLOSSOM SALAD–III

Katuray blossoms, 4 cups
Onion (small, sliced), 1
Filipino orange (sweet and juicy), ½
Brown sugar, 4 tablespoons
Tomatoes (sliced), 2

Dressing as follows:
Lime juice, 4 tablespoons
Salt, 1 tablespoon

Boil the katuray blossoms and drain off the water. Mix the boiled katuray blossoms with the sliced onion, and arrange the mixture on a salad plate. Garnish it with the small sections of the orange. On top of the orange, arrange the tomatoes. Then pour on the dressing evenly and serve the salad.



Tropical Fruit Salad With Coconut! (See Page 126.)

Chapter 10

FRUIT SALADS

Fluted banana slices dress up a salad! To flute a banana, run the prongs of a fork lengthwise down the peeled fruit, and then slice it crosswise. Decorate the rim of your fruit salad with the dainty slices.

To top the toppings of fruit salads, just sprinkle on chopped peanuts, raisins, shredded coconut, chopped candied fruit peels, or shredded cherries.

Shredded coconut added to a fruit salad, either mixed in it or sprinkled upon it, gives added flavor and nourishment.

To keep sliced or cut bananas from turning dark, just dip the slices into, or sprinkle them with, orange or lemon juice.

To ripen bananas, keep them at normal room temperature, but not in a refrigerator. They do not ripen properly in a cold temperature. However, salads or fruit cups containing bananas may be placed in a refrigerator to cool just before serving.

COMBINATION FRUIT PLATE

Red apple (unpeeled), 1
Orange, 1
Banana (large), 1
Lettuce leaves
Berries, 3 or 4
Dressing, 1 teaspoon

Lay the lettuce leaves on the salad plate. Cut the unpeeled apple lengthwise, after coring it, so as to obtain 4 thin, wedge-like pieces. Peel the orange, and slice it crosswise. Cut two of the orange slices into halves. Peel and slice the banana crosswise. Arrange three rows of fruit across the plate. The first and third rows should consist of banana slices. Make the center row of pieces of orange and apple. Across one end of these rows place a layer of 4 apple wedges, one overlapping the other, so that the red skin points outward. Across on the other end of the rows place the 4 halves of orange slices, one overlapping the other, with the curves pointing outward. Garnish the center with the berries. Fresh grapes, diced papaya or other suitable fruit may be used instead of the berries. Serve the salad with either a sweet or a tart dressing. (This recipe is for 1 large individual serving.)

PEANUT-BANANA SALAD

Slice the ripe bananas lengthwise, and place them on lettuce leaves. Sprinkle them with chopped, roasted peanuts. Serve with mayonnaise.

AMBROSIA A LA KING

Peel several sweet oranges, and remove the seeds. Grate 1 coconut. Place a layer of orange segments, with skins removed, in the bottom of the salad dish, and sprinkle it with grated coconut. A bit of powdered sugar may be added, if necessary. Add another layer of orange segments, sprinkled with coconut, until the desired amount is prepared. Chill the dish for several hours before serving. Berries, grapes, cherries, diced fruits such as bananas, pineapples, peaches, pears, or papaya, may be added as desired. The top may be garnished by sprinkling on some chopped nuts.

SALAD WHIRL

Banana, ½	**Lettuce leaves**
Pomelo sections, 6	**French dressing, 1 teaspoon**

Cut the peeled banana lengthwise. Put one of the halves on the lettuce leaves, with the cut side up. Place 3 pomelo sections, after removing the seeds, in the shape of a fan on one side of the piece of banana. Serve the salad with French dressing. Slices of peach, pear, apple, orange, or papaya may be used instead of the banana. Grapefruit sections may be used instead of the pomelo. Grated coconut or chopped nuts may be sprinkled on top of the salad to vary it. It may be garnished with a berry, or cherry, or a cube of other colorful fruit. (This recipe is for one large individual serving.)

MELON BALL SALAD

Banana (large), 1
Melon balls
Lettuce leaves
Mayonnaise, 1 teaspoon

Cut the peeled banana lengthwise into halves. Place the halves, cut sides up, side by side in the center of the lettuce leaves on the salad plate. Place a few balls of melon, each about half an inch in diameter, at the end and between the points of the banana halves. Serve the salad with mayonnaise or cream dressing. Strips of other fruits—such as pears, peaches, or papaya—may be used instead of the banana. The salad may be garnished with grated coconut or chopped nuts for variation. (This recipe is for 1 individual serving.)

FRUIT PLATE

Pineapple (canned), 1 slice
Banana (large), 1
Lettuce leaves, 1
Berries, 2 tablespoons
Mayonnaise, 1 teaspoon

Place the lettuce leaves on the salad plate. Cut the pineapple slice into halves. Arrange these at the back of the plate, with one slice overlapping the other. Arrange a row of 4 banana slices, overlapping each other, on each side of the plate. Put the berries in the center. Chill the salad, and serve it with mayonnaise (or a cream dressing). (This recipe makes 1 individual serving. Grapes or cherries may be used instead of berries.)

COSMOPOLITAN FRUIT SALAD

Pineapple (canned), 2 slices
Banana (large), 1
Lettuce leaves
Berries, 2 tablespoons
Mayonnaise, 1 teaspoon

Place a layer of lettuce leaves on the salad plate. Put the slices of pineapple, one upon the other, in the center. Lay a ring of banana slices around the pineapple, to give it the appearance of a flower. Fill the center of the pineapple slices with berries. Garnish the top with the mayonnaise. Chill the salad before serving. (This recipe makes 1 individual serving.)

IMPERIAL FRUIT SALAD

Bananas (sliced), 3
Oranges, 2
Papaya (diced), 1 cup
Pineapple (diced), 1 cup
Lime juice, 2 tablespoons
Mayonnaise

Be careful not to crush the fruits in handling them. The bananas should be sliced crosswise. Separate the sections of the oranges, and remove the skin and seeds from each piece. Mix fruits together, and add the lime juice. Serve the mixture with mayonnaise (or a boiled dressing). If possible, chill the salad before serving it.

PINEAPPLE-CARROT SALAD

Pineapple (diced), 2 cups
Cabbage (white, diced), 1 cup
Carrots (shredded), 1 cup
Raisins, 1 cup
Coconut milk (thick), 3 tablespoons

Mix the pineapple, cabbage, carrots, and raisins together, and add the coconut milk. Chill before serving.

FAVORITE FRUIT CUP

Mango, ½
Banana (large), 1
Lettuce leaf (cupped), 1
Berries
Dressing, 1 teaspoon

Place a cupped lettuce leaf on the salad plate. Put the mango half (peeled) in the center of the leafy cup. Arrange a half-circle of banana slices, one slice overlapping the other, around the outside of the leaf. Fill the space around the mango, in the cupped leaf, with berries. Garnish the top with a cream or French dressing. Chill the salad before serving.

Half of a peach, apricot, or pear may be used instead of the mango. Diced pieces of papaya, grapes, banana, dates, figs, or some other fruit, as well as raisins, may be used instead of the berries. Grated coconut or chopped nuts may be sprinkled on top of the salad before serving. (This recipe is for 1 individual serving.)

FRUIT FAN SALAD

Banana (large), 1	**Lettuce leaves**
Chopped peanuts	**Mayonnaise, 1 teaspoon**

Cut the banana crosswise into halves. Split each half lengthwise into halves, and spread 4 pieces out in the form of a fan on the lettuce leaves, and sprinkle on them chopped nuts (or grated coconut). A bit of mayonnaise in the center serves to vary it. (This recipe is for 1 individual serving.)

FRUIT ROYAL

Pineapple (medium), 1	**Raisins, 1 small box**
Lime juice, 2 tablespoons	**Papaya (small), 1**

Bananas (medium), 6

Dice the pineapple and papaya. Slice the bananas in pieces about half an inch long. Put the banana, pineapple, papaya, and raisins in a bowl. Add the lime juice, and mix the ingredients well. Add a little sugar to sweeten the mixture, if needed. Serve it cold.

BANANA STAR SALAD

Banana (large), 1	**Lettuce leaves**
Apple (cored, unpeeled), 4 slices	**Berries, 4**
Orange (peeled), 4 slices	**Dressing**

Place the lettuce leaves on the salad plate. Cut the peeled banana crosswise into halves. Cut one of these pieces lengthwise into quarters. Arrange these quarter pieces, with points out and cut sides up, on the plate so that they radiate from the center and divide it into four equal sections. Put in each section a slice of apple. On each slice of apple lay a slice of orange. Cut the remaining piece of banana crosswise into four slices, and lay one slice of banana on top of each slice of orange. Upon each of these banana slices put a berry. Chill the salad before serving it with either a tart or a sweet dressing. A fresh grape, a cherry, or a cube of papaya or some suitable fruit may be used instead of berries. (This recipe is for 1 large individual serving.)

AVOCADO-POMELO SALAD

Pommelo, ½
Avocado, 1
Catsup, ½ cup

Peel the pomelo, and cut it into sections. Peel the avocado, and cut it into cubes. Mix the pomelo and avocado together. Add the catsup to the mixture, but without mashing the avocado. Serve the mixture on lettuce leaves, with half a lime to each plate. The juice of the lime, if desired, gives added flavor.

BANANA AMBROSIA

Oranges, 2
Sugar (powdered), ¼ cup
Bananas (ripe), 3
Coconut (shredded), 1½ cups

Peel the oranges, and cut them crosswise into thin slices. Peel and slice the bananas. Arrange alternate layers of orange slices and banana slices in a large serving dish, and sprinkle each layer with sugar and coconut. Repeat the process until all the ingredients are used, topping the last layer with shredded coconut. Chill the dish before serving.

BANANA-MANGO SALAD

Mango, 1
Banana (large), 1
Lettuce leaves, 2
Whipped cream, as desired

Place the lettuce leaves on an individual salad plate. Slice the banana lengthwise into two parts, and lay the two halves side by side on the lettuce leaves. Wash the mango, and peel it with a very sharp knife. Then slice off the meat of the mango from the seed, dice the slices, and pile them on the banana slices. Top the salad with whipped cream. *Note*: If the bananas are small, then use 2 for each salad plate. Fresh strawberries may be used instead of the mango. For a variation, use shredded coconut instead of the whipped cream on top of the salad.

MELON SPECIAL

Select 1 muskmelon or cantaloupe of medium size for 2 servings. Wash the melon and cut into halves, one half for each serving. Remove the seeds, and fill the hollow of each half with ice cream. A melon chilled in a refrigerator or icebox before serving is preferred. For a variation, fill the hollow of the melon half with mixed, diced fresh fruit instead of ice cream.

Limeade for a Hot Day! (See Page 137.)

Chapter 11

DRINKS THAT REFRESH

DUHAT PUNCH

Duhats (fresh), 2 quarts
Water
Sugar, to taste

Wash the duhats well. Boil them in a kettle with enough water to almost cover them. When they are tender, remove them from the fire and put them through a sieve. The skin and seeds are to be discarded. The juice is to be sweetened with sugar and served with ice. If it is too strong, add more water to dilute it.

SANTOLADE

Santols (sour), 10
Water, 4 cups
Sugar

Peel the santols, remove the seeds, and chop the pulp fine. Then mash it with enough sugar to suit the taste. Add the water, and stir the mixture well. Let it stand 30 minutes. Stir it again, and serve cold.

SANTOL NIP

Santols, 20
Sugar, 6 cups
Water, 8 cups

Put the water and the sugar in a deep sauce pan, and bring the mixture to a boil. While waiting for sugar and water to boil, peel the santols and cut each of them into quarters. When the sugar and water start to boil, add the santols together with the seeds. Cover the mixture and let it boil 20 minutes. Remove it then from the fire, strain out the pulp and seeds, and pour syrup into glass jars or bottles. Let them cool. To serve, dilute the syrup with water to the desired sweetness. Ice water is preferable.

PAPAYA PUNCH

Take a fully ripe papaya, and scoop out the pulp into a bowl. Whip it fine with an egg beater, and then strain it (or press it through a colander). Dilute it with water to the desired consistency, perhaps 1 cup of pulp to 2 cups of water.

ROSELLE-ADE

Roselle calyces, 4 cups
Sugar, to taste
Water, as needed

Clean the roselle calyces by washing them. Boil them 30 minutes in a porcelain pan, with just enough water to cover them. Strain them through a fine sieve or cloth. Throw away the pulp, and keep the liquid. To every 5 cups of liquid add 1 cup of sugar, and bring the mixture to a boil. Then let it cool. If it is too thick for a drink, dilute it with water to the desired consistency. Add more sugar, if it is needed.

BANANA MILK SHAKE

Banana pulp (4 to 6 bananas), 2 cups
Water, 2 cups
Salt, a pinch
Milk (evaporated), 1 tall can ($1\frac{2}{3}$ cups)

Press the bananas through a coarse sieve or mash them to make the pulp. Add the other ingredients, and stir them well.

FRUIT PUNCH

Mango, 1
Banana, 1
Water, as needed
Papaya (medium), 1 slice
Lime juice, to flavor
Sugar, to taste

Scrape out the pulp of the ripe mango, mash the banana and papaya, and beat them all together vigorously with an egg beater till the texture of the mixture is smooth. To ⅓ cup of this mixture add ⅔ cup of water. Then add the sugar and lime juice. Very little sugar will be needed, because the fruits themselves are sweet.

TOMATO JUICE COCKTAIL

Milk (evaporated), 1 tall can
Tomato juice, 1¾ cups
Water (cold), 1⅔ cups
Salt, ½ teaspoon

All ingredients should be cold. Mix the milk and water. Stir in the tomato juice, and add the seasonings.

ROYAL FRUIT NIP

Pineapple (chopped), 1 cup
Sugar, 1 cup
Food coloring, 1 drop
Water, 4 cups
Juice of 4 limes
Juice of 2 oranges

Boil the water and sugar together 10 minutes to make a syrup. Set it aside to cool. Then add the other ingredients. Serve it cold, diluted with water to suit the taste. The food coloring may be omitted, if not desired.

GREEN MANGO DRINK

Mango (green), 1
Water, 4 cups
Sugar, to taste

Scrape out the pulp of the green mango into a pitcher. Add the water, with sugar to taste. Serve the mixture cold as a drink.

MANGO DRINK

Mangos, 2
Water, as needed
Sugar, to taste
Lime juice, 1 cup

Scrape out the pulp of the 2 ripe mangos, and pass it through a strainer. Add the lime juice, with sugar to taste. Stir them together until they are well mixed. Add the water until the consistency of the mixture is right. Keep it in a refrigerator or ice-box till a drink is needed. Then serve it cold.

SOURSOP DELIGHT

Take a soursop that is soft to the touch. Lightly slit its skin lengthwise in several places with a knife, and then peel off the rind in strips. Put the peeled fruit into a colander (or a large sieve), and press out all the juice you can with your hand, letting the liquid run through the strainer into a large vessel. Set the juice thus extracted to one side.

Take the remaining pulp, and burst each seed globule by squeezing it tightly with your hand, so as to press out all the juice you can into the colander. Add this juice to the other.

Now put into another container the dry pulp that is left, with enough clear water to cover it. Wash this pulp well, and then run it through the colander again. Set the liquid thus obtained apart by itself. Repeat the process until the water in which the pulp is washed comes off clear. Save the water that runs off in each washing, because it contains the juice and flavor of the fruit.

The juice extracted before the pulp was washed can be put into a jar and set away in a cool place for use on another day. But the water in which the pulp was washed may be used immediately, and usually is enough to make a large pitcher (about 3 quarts) of drink when diluted with more water and sweetened with sugar to suit the taste.

The extracted juice also can be diluted and sweetened as desired to make the drink. It can be combined either with milk or with the juice of lemons or limes.

COCONUT MILK

Select a fully ripe coconut, cut it open (saving the water), and leave the meat in the shell. Rinse it with clean water. Then remove the meat from the shell by means of a rasping grater. Put the grated coconut in a pan or bowl, and pour ½ cup of water on it. Then take a handful of the coconut and squeeze it with the hands to extract the juice. Place the squeezed coconut apart in another vessel. Continue this process until all the meat has been squeezed. Then add ½ cup of water to the squeezed coconut, and put it through the squeezing process a second time. Put the creamy milk thus obtained apart in a cool place for whatever use you may wish to make of it. It can be served as a delicious drink. The water taken from the coconut at the beginning can be served cold as a delightful drink too.

COCONUT MILK SPECIAL

Coconut milk, 3 cups
Sugar, 1 tablespoon
Vanilla, 1 or 2 drops
Water, 3 cups

Grate the meat of a coconut. Squeeze the grated pulp twice for milk, using the 3 cups of water in the process. Then strain the milk to remove any pulp that may be in it. Add the sugar and the vanilla to the milk, and stir it gently. It may be served either hot or cold.

LIMEADE

Lime juice, 1 cup
Sugar, 1 cup
Water, 1 cup

Place the lime juice, sugar, and water in a saucepan. Let the mixture heat till the sugar is dissolved. Stir it all the time that it is heating. Boil the syrup 10 minutes, and then let it cool. Add more water to obtain the right consistency before serving the drink. Serve it cold.

LIME JUICE DELIGHT

Limes, 100
Water, 3½ cups
Sugar, 5 cups

Extract the juice from 100 kalamansi limes, or an equal quantity of juice from some other sour citrus fruit. Boil the juice, the sugar, in the 3½ cups water 10 minutes to make a syrup. Store the syrup in bottles in a cool place. When needed, add water to make a limeade of the right consistency. Serve the limeade cold.

LEMONADE

Lemons (medium), 12
Sugar, 2 cups
Water, 2 cups

Extract the juice from the lemons, and strain it to remove the seeds. Add the water and the sugar, and boil the mixture 10 minutes to make a syrup. Put the syrup in sterilized bottles, let them cool, and store them in a cool place. To make lemonade out of this syrup, put 2 or 3 teaspoons of it in $\frac{3}{4}$ cup of water. Add ice to fill the glass. If the drink is too thick, dilute it with water to the right consistency.

DRINK FOR A CROWD

(For 50 persons)

Oranges, 24
Limes, 100
Water, as needed
Pineapple juice, 1 gallon
Sugar, 6 cups
Salt, $\frac{1}{8}$ teaspoon

Extract the juice of the oranges and the kalamansi limes. (If American lemons are used instead of *kalamansi,* 1 dozen will be enough.) Mix all the juices, and add the sugar and salt. Stir the mixture well. Add water to obtain the right consistency. Serve the drink cold.

SWEET-POTATO LEAF TEA

Boil some sweet potato leaves in water until they are done. It is recommended that leaves of a purplish color be used. Remove the leaves from the liquid, and use them for a cooked salad. Put the liquid, when strained, into a pitcher. Add 1 cup of lime juice, with sugar to taste. Stir the mixture well, and add water if the taste is too strong. Serve it cold.

SOY MILK SPECIAL

Soy beans (dry), $1\frac{1}{2}$ cups
Vegetable oil, 1 cup
Dextrose, $1\frac{3}{4}$ cups
Salt, 3 tablespoons

Soak the dry soy beans in water overnight, well covered.

Then drain them and grind them finely. Pour a continuous stream of water into the grinder to prevent clogging, until the volume of the bean paste obtained is 1 gallon. Heat the paste in a large enamel pan until, with constant stirring, it reaches 131°, or becomes too hot for the finger to be held in it.

Put the boiled bean paste in a cheesecloth or flour sack, and wring out the milk with the hands. Boil the liquid thus obtained in an enamel pan 45 minutes, stirring it constantly.

Put 2 cups of the soy milk in a liquefier. Add the vegetable oil and whizz the mixture 5 minutes. (When an electric mixer or egg beater is used, the results are not very good, and it takes longer to emulsify the mixture.) Then pour this whizzed mixture into the rest of the soy milk, and stir it well. Then add to it the dextrose and salt. (If dextrose cannot be obtained, use white corn syrup, honey, or sugar to sweeten the milk slightly.) Boil the milk 15 minutes. Add water enough to make 5 quarts, and let it cool rapidly. Keep it in glass jars or bottles, tightly covered and in a cool place.

RICE-BRAN COFFEE

Toast 1 cup of rice bran (*tikitiki*) and 2 tablespoons of molasses in a frying pan over the fire, stirring it until it turns a dark brown. Let it cool, and then place it in a jar to be kept for making cereal coffee.

To 3 cups of boiling water, add 3 tablespoons of the toasted rice bran, and boil the mixture 5 minutes. Strain it through a clean cloth to remove bran. Remove it from the fire, and add milk and sugar to suit the taste.

Peanut Wafers, Oh Boy! (See Page 144.)

Chapter 12

DELICIOUS DESSERTS

LEMONADE WITH AGAR-AGAR

Native lemons (*dayaps*), 3
Water, 4 cups
Sugar, to taste
Agar-agar (cooked), 1 cup
Ice, as needed

Cut the lemons lengthwise and away from the middle. Squeeze the juice into the 4 cups of water. Add sugar to taste. Cut the molded agar-agar into small cubes. Add several cubes of ice to the mixture, and serve it cold.

BANANA PRUNE WHIP

Prune (puree), $\frac{1}{4}$ cup
Salt, a dash
Lemon juice, 1 tablespoon
Sugar, $\frac{1}{3}$ cup
Bananas (thinly sliced), 1 cup
Egg (whites), 2

Mix together the prune puree, sugar, and salt. Cook the mixture over low heat, stirring it constantly until the sugar is dissolved. Cool the mixture, add the bananas and lemon juice, and mix them well. Beat the egg whites until foamy throughout, and add them to the prune-banana mixture, a little at a time, beating constantly until the mixture is smooth, thick, and fluffy. Chill it before serving.

UBI ROYAL

Ubi (large), 1
Milk (evaporated), $1\frac{1}{2}$ cups
Sugar (brown), 2 tablespoons
Sugar(white), $\frac{3}{4}$ cup

Boil the ubi until it is cooked. Then remove the skin, and pass the ubi through a sieve or colander. Then mix the milk and the brown sugar with the ubi, and cook the mixture in a double boiler until it is thick enough to be formed into balls. Make the balls each about 1 inch in diameter, roll them in the white sugar, and serve them as a dessert.

CASSAVA CAKE

Cassava root (boiled, grated), 1 cup
Coconut milk, ½ cup
Sugar, ½ cup
Salt, to taste
Young coconut meat (grated), 1 cup
Eggs, 2
Vegetable fat, 1 tablespoon

Beat the eggs, and add to them the salt, cassava, half of the coconut milk, and half of the sugar. Mix them well. Bake the mixture till it is half baked, and then add the grated coconut, mixing the ingredients. Brush the top with vegetable fat. Add the rest of the sugar and coconut milk. Bake the mixture till it is golden brown.

CORN PUDDING

Fresh corn, 5 cups
Sugar, 3 cups
Coconut milk, 6 cups

Grate the corn from the cobs, and strain it through a sieve. To the 5 cups of liquid thus obtained, add the sugar and coconut milk. Mix them thoroughly. Put the mixture in a kettle and boil it, stirring it till it is thick. Pour it into molds. Let it cool until it hardens. Garnish it with *latik* and toasted coconut.

LATIK

Place several cups of coconut milk in a sauce pan, and boil it until a curd of coconut oil forms on the surface. Remove this oily crust with a spoon, and brown the latik which remains in the pan. The cooked latik will be in the form of brown granules.

STICKY RICE BIBINGCA

Sticky rice, 1 cup
Brown sugar, 1½ cups
Salt, as desired
Coconut (medium, matured), 1
Coconut milk, 3 cups
Anis seed

Grate the meat of the coconut. Extract 4 cups of coconut milk from the grated coconut. Set 1 cup of this milk to one side. Heat the other 3 cups of the milk in a kettle. When it comes to a boil, add the sticky rice and a bit of salt. Then add the sugar. Boil the mixture till the rice is cooked. Put the sticky rice into a baking dish lined with a banana leaf, and pour over it the 1 cup of coconut milk. Sprinkle the top with anis seed and sugar. When the mixture is brown, take it from the oven, cut into pieces of the desired size. It may be served with tea made from avocado leaves.

COCONUT BRITTLE

Sugar, 2 cups
Corn syrup (light), ⅓ cup
Coconut (shredded), 1 cup
Water, ⅔ cup
Salt, ¼ teaspoon
Butter, 2 tablespoons

Combine the sugar, syrup, and water, set them to heat in a kettle over a low fire, stirring them till they are dissolved and blended. Cook them without stirring at 265^0 Fahrenheit until a drop of it will form into a hard ball. Add the salt and vegetable fat. Continue cooking the mixture at 300^0 Fahrenheit. Toast the coconut lightly. Remove the syrup from the heat, and add the coconut. Stir the mixture to distribute it evenly in the syrup. Pour it onto an oiled sheet of tin or waxed paper. When it is cold, break it into pieces.

TOASTED COCONUT

Coconut (grated), 1 cup
Sugar, ½ cup

Dissolve the sugar in a little water, and bring the syrup to a boil. When it thickens, add the grated coconut. Stir the mixture till coconut is toasted, absorbs the syrup, and hardens into a candy.

COCONUT DELIGHT

Coconut (large), 1
Sugar, 1 cup
Eggs (well beaten), 4
Evaporated milk (undiluted), ½ cup
Coconut water, 1 cup

Remove the coconut from the shell, and take off the brown skin. Save the water of the coconut. Grate the white meat. Combine the eggs, sugar, and cream, and add to this mixture the grated coconut meat. Add the coconut milk, and pour the mixture into a greased baking dish. Bake it in a moderately slow oven (about 325^0 Fahrenheit). Chill it before serving.

COCONUT DAINTIES

Egg whites, 2
Sugar, ½ cup
Corn syrup (white), ½ cup
Coconut (shredded, moist), 4 cups
Flour, ½ cup

Beat the egg whites until they are stiff. Add the sugar to them gradually, folding it in so that they will retain their fluffiness. Continue this folding while adding the flour, corn syrup, and coconut. Drop by teaspoonfuls the mixture so that each will be a little distance apart, on the bottom of a well greased pan or baking sheet. Bake them at 375^0 Fahrenheit for 10 to 12 minutes.

MACAPUNO CAKES

Milk, 1 cup
Macapuno, ½ cup
Flour, ½ cup
Sugar, 1 cup
Egg yolks, 5
Vanilla, ½ teaspoon
Butter (melted), as needed

Mix the sugar and the flour together. To this mixture add the milk and egg yolks. Stir in the macapuno meat and the melted butter. Pour the mixture into moulds lined with banana leaves, and bake it in a moderate oven. When the cakes are half done, brush the surface of them with butter, sprinkle on them white sugar, and cook them till they are golden brown.

PEANUT WAFERS

Flour, 2 cups
Vegetable fat, ½ cup
Milk, ¾ cup
Baking powder, ½ teaspoon
Peanuts (roasted, chopped fine), 1 quart
Sugar, 1 cup

Sift the flour once, add the baking powder, and sift again. Cream the vegetable fat and sugar together until the mixture is light. Add to it the flour alternately with milk. Add the vanilla, and fold in the peanuts. Drop by teaspoonfuls, 4 inches apart, on a greased baking sheet. Flatten each into thin rounds by using the back of a spoon. Bake them in a moderate oven (350°) Fahrenheit), 10 to 15 minutes.

TORON

Cooking bananas, 4
Lumpia wrappers, 8
Vegetable fat, 3 tablespoons
Sugar (granulated), ½ cup

Peel and slice lengthwise each banana into two parts, Wrap each slice in a lumpia wrapper. Tuck in and fold the two ends. Fry them in moderately hot fat till they are golden brown. Drain off the fat, and roll each piece in the sugar. Serve them while the wrappers are still crunchy.

GLAZED BANANA

Banana (firm), 6
Sugar
Lime juice
Vegetable fat

Peel and slice each banana lengthwise into two parts. Wrap them in sugar, and fry them slowly in vegetable fat until tender and golden brown, turning them to brown evenly. Serve hot.

PILI NUT SLICES

Pili nuts, 1 cup
Raisins, 1 cup
Butter, 1 cup
Sugar, 1¼ cups
Eggs, 6
Flour, 2 cups
Baking powder, 2 teaspoons
Lemon juice, 1 tablespoon
Lemon rind, ⅔ tablespoon
Flour, 2 tablespoons

Shell the pili nuts, and blanch the kernels. Peel and chop them coarsely. Cut raisins into halves, and set them aside. Cream the butter and sugar well until a light and smooth paste is made. Beat the eggs until they are very light, and add them alternately with the flour (sifted with the baking powder). Add the lemon juice and grated rind. Sprinkle the nuts and raisins with flour. (Remove extra flour.) Add the nuts and raisins to the first mixture, and bake it in a loaf pan 325⁰ Fahrenheit 1 hour. Cool the mixture, cut it in slices to serve.

PILI NUT MOULD

Agar-agar, ½ piece
Water (boiling), 1½ cups
Sugar, 2½ cups
Egg yolks, 2
Lemon rind (grated), ½ teaspoon
Pili nuts (chopped), 1 cup
Milk (scalded), 1½ cups

Soak the agar-agar in water 20 minutes. Put it in 1½ cups boiling water, and add the sugar. Stir the mixture till the agar-agar is dissolved. Remove it from the fire, and strain it through a fine cloth. Add the milk, beaten egg yolks, and lemon rind. Then pour the mixture into a mould to set. When it begins to set, place the nuts on the surface, and let the mixture finish setting.

PEANUT BRITTLE

Sugar (white), 3 cups
Corn syrup (white), 1⅓ cups
Water, 1⅓ cups
Soda, 1½ teaspoons
Peanuts (raw, shelled), 2 pounds
Vanilla, 1 teaspoon
Margarine, 1 tablespoon
Salt, ½ teaspoon

Boil the sugar, corn syrup, and water in an aluminum kettle. When the mixture begins to boil, cover it, and let it continue to boil 5 to 10 minutes. Take off the lid, and test the mixture. Remove a bit with a spoon, and drop it in a cup of cold water. If it forms a soft ball in cold water, it is just right. Then add the margarine and peanuts to the mixture, and let it continue to boil, with constant stirring, until the syrup turns a light golden brown. Stir the mixture constantly to avoid scorching. When it is golden brown, then quickly add the vanilla, salt, and soda all mixed together in 1 teaspoon of water. Stir these into the mixture rapidly, and then quickly turn it out and spread it on a well greased tin, tile, or marble surface. Spread the candy out in a layer about ¼ inch thick, and let it harden. When it has hardened so that it is slightly pliable, loosen the layer by lifting it up with the use of a wide putty knife or similar instrument, so that it will not stick to the tin, tile, etc. When loosened, let it harden until it can be broken into pieces and put in a bowl or jar. Keep it in a cool, dry place until it is to be eaten. The cooler it is, the more brittle it is.

UPSIDE-DOWN CAKE

Margarine, 3 tablespoons
Pineapple (canned), as needed
Nuts, 1 cup
Eggs (separated), 4
Sugar, 1 cup
Brown sugar, ½ cup
Salt, ⅛ teaspoon
Vanilla, 1 teaspoon
Flour, 1 cup

Melt the margarine, and mix it with the brown sugar. Spread this mixture on the bottom of a fairly shallow baking dish, and arrange the slices of pineaple on it, fitting them close together but not on top of one another. Sprinkle the chopped nuts over the pineapple. Beat the egg whites together till they are stiff. Then beat the egg yolks separately till they are light. Then add the sugar, and fold the stiffly beaten egg whites into the beaten yolks. Fold in the flour and salt, which have been well mixed together. Add the vanilla. Pour this batter over the pineapple mixture, and place the dish in a moderate oven (300-325° Fahrenheit) to bake from 30 to 40 minutes. Let the cake cool slightly before turning it out of the pan on a large plate. (The nuts may be omitted.)

SPONGECAKE

Eggs, 3
Water (boiling), ⅓ cup
Sugar, 1 cup
Salt, ½ teaspoon
Vegetable fat, ¼ cup
Flour, 1½ cups

Place the mixing bowl in a pan of boiling water. Break the eggs into the bowl, and beat them with a rotary egg beater, adding the ⅓ cup of boiling water gradually. Continue the beating until the mixture piles up stiff. Then add the sugar, salt, and oil gradually while beating the mixture. Fold in the flour carefully and gradually. Then pour the batter into a baking pan the bottom of which has been covered with a piece of oiled paper. Bake it in a moderate oven (350° Fahrenheit) about 45 minutes. Remove it from the oven, and invert it until it is cool. Then gently cut around the edge with a knife to loosen the cake from the sides of the pan, and remove it. This cake can be eaten plain, or it can be used in other ways. Frosting or icing may be added. Two cakes can be placed one on top of the other to make a layer cake, with an appropriate filling between them.

FRUIT CAKE DELIGHT

Cut a sponge cake into squares about 3 by 3 inches each, one square for a serving. Slice each square piece horizontally into two layers. Place a layer of diced or finely sliced fruit, either fresh or canned, between the two slices of cake. Pile some of the fruit on top of the upper slice. Whipped cream made of evaporated milk may be put on top of each serving. Strawberries, mangoes, bananas, pineapples, peaches, etc., may be used in making this dessert.

REFRIGERATOR ICE CREAM

Egg, 1
Salt, a pinch
Vanilla, 1 teaspoon
Milk, 2 cups
Evaporated milk (undiluted), 1 large can
Water (boiling), ½ cup

Separate the yolk from the white of the egg. Put the egg white with the salt, in a small, deep bowl, and beat it till it is stiff. Gradually add the sugar by beating it into the stiff egg white. Then stir into it the egg yolk. Add the vanilla and the 2 cups of milk. Pour the mixture into a tray of the refrigerator freezing compartment, and let it freeze until it is mushy (about half-frozen). At the same time put the undiluted evaporated milk into another tray, and let it freeze until it is mushy. When both have become mushy, remove first the tray of evaporated milk and quickly whip it till it is light and fluffy. Then fold into it the mushy mixture from the other tray. When both are well blended, put the mixture back into the trays and in the refrigerator to freeze. Set the control on the refrigerator so that the mixture will freeze quickly. This recipe makes about 2 quarts of ice cream.

Note: If you find that the cream has a tendency to be heavier at the bottom of the tray than at the top, it may be necessary to beat the mixture a second time before it finishes freezing.

BANANA SNOW

Sago, ¾ cup
Water, 1 quart
Bananas, 3
Sugar, 1 cup
Egg whites, 3
Lime juice, 2 tablespoons

Cook the sago in the water until it is transparent. Then add the lime juice and sugar, and pour this mixture over the beaten egg whites, beating it constantly. Stir into it the diced bananas. Cool it, and serve it plain or with whipped cream.

Tasty Bread for You! (See Page 151.)

Chapter 13

GOOD BREAD

TOASTED CROUTONS

Spread margarine on slices of bread, and cut them into squares 1 inch in diameter. Toast them slowly in the oven or in a frying pan till they are brown. If the toasting is done in a frying pan, turn the pieces constantly to keep them from burning.

CORN PONES

Corn meal, 2 cups
Vegetable fat, $\frac{1}{2}$ cup
White flour, 1 cup (or less)
Salt, 1 teaspoon
Eggs (beaten), 2

Mix all the ingredients together. Moisten the mixture with boiling water, but only enough to make the mass a very stiff dough. Shape the mass with the hands into small loaves, about 4 inches long and $\frac{1}{2}$ inch thick, and bake them in a shallow, greased pan until brown.

WHOLE-WHEAT BREAD

Warm water, 3 cups
Dry yeast (granulated), 3 tablespoons
Sugar (brown), 3 tablespoons
Whole-wheat flour, 3 cups
Salt, 1 tablespoon
White flour, 3 or 4 cups (approximately).

Dissolve the yeast in 1 cup of warm water. Then add the other 2 cups of warm water, the sugar, and the salt. Add the whole-wheat flour gradually, stirring it well into the mixture to avoid lumping. Add the white flour (sifted) gradually, one cup at a time, as you stir the dough.

When the mixture is stiff enough, turn it out on a floured bread board or a clean table. With the hands thoroughly washed, knead the dough, as more flour is gradually added. Keep kneading the mass and adding flour, a little at a time, until the dough does not have a tendency to stick to the board and is stiff and elastic to the touch. That is, till it springs back quickly when punched with the finger.

Now place the ball of the dough in a large, clean bowl or kettle, cover it with a clean cloth, and set it away in a warm place to rise. When the dough has risen to about 3 times its original size, roll it out on the floured board again, and knead it about 2 minutes to mix air with it thoroughly. Then shape the dough into 2 loaves, put each of them into a greased loaf pan, and set the pans aside for the dough to rise again. When the dough has doubled its size, set the pans to bake in a moderate oven (350° Fahrenheit) about 1 hour and 5 or 10 minutes—till the loaves turn golden brown. Then remove them from the tins immediately, let them cool on a rack or clean cloth, before putting them away.

Note: Graham flour may be used if whole-wheat flour is not available.

WHITE BREAD

Follow the recipe for making Whole-Wheat Bread, using white flour instead of the whole-wheat flour.

CLOVER-LEAF ROLLS

Instead of making the bread dough into loaves, pinch off small portions about the size of a grape or a duhat. Place 3 such balls of dough in each greased space of a muffin tin. Let them rise about ½ hour, and then bake them about 30 minutes in a moderate oven—till they are brown.

BUNS

Instead of shaping the bread dough into loaves, pinch off small balls about the size of a chico with the fingers, and shape them into the form of buns. Place them on a greased pan, or in muffin tins, and let them rise to double their size. Then bake them in an oven 30 or 40 minutes—till they turn a golden brown.

FRENCH BREAD

Water (lukewarm), 1 cup	**Salt, 1½ teaspoons**
Yeast, 1 package	**Vegetable fat, 1 tablespoon**

Flour (sifted), 3½ to 3¾ cups

(1) Mix together the liquid and the salt, and crumble in the yeast. Stir them till the yeast is well dissolved. Add the vegetable fat.

(2) Add the flour in two additions, using first a spoon to stir it in, then the hand. Use the amount of flour that makes the dough easy to handle.

(3) When the dough begins to leave the sides of the bowl, turn it out onto a lightly floured board. Knead till the dough is smooth, elastic, and does not stick to board.

(4) Place the dough in a greased bowl, turning it once to bring the greased side up. Cover it with a damp cloth, and let it rise in a warm, draft-free spot (80° to 85° Fahrenheit) till it is double in bulk—an hour and a half to two hours. (The dough has doubled when two fingers, pressed into it, leave an indentation.)

(5) Punch the dough down. Thrust the fist into the dough, and pull the edges into the center, and turn it completely over in the bowl. Let it rise again until it is almost double in bulk (30 to 45 minutes).

(6) Shape the dough into a long loaf by rolling it out into an oblong 15 x 10 inches. Beginning with the wide side, roll it up tightly toward yourself, and seal the edges by pinching them together. With a hand on each end of the loaf, roll it gently back and forth to lengthen it and taper the ends. Place the loaf diagonally on a baking sheet that has been lightly greased and sprinkled with corn meal. Make fourth-inch slashes in the dough at two-inch intervals or one lengthwise slash. Brush the top with cold water. Let the loaf stand un-

covered about an hour and a half. Brush it again with cold water.

(7) Bake the loaf 10 minutes in a hot oven (145° Fahrenheit). Remove it from the oven, and brush again. Sprinkle it with sesame or poppyseeds. Continue baking it 15 to 20 minutes until it is golden brown. *Yield*: one loaf. (*Note*: For more glaze and less crustiness, use as a "brush-over" one egg white slightly beaten with one tablespoon of water.)

COCONUT BREAD

Flour, 2 cups
Baking powder, 4 teaspoons
Egg yolks, 2
Sugar, 4 tablespoons
Salt, $\frac{1}{4}$ teaspoon
Coconut milk, $\frac{3}{4}$ cup

Sift together the flour, sugar, baking powder, and salt. Beat the egg yolk slightly in a measuring cup, and add to it enough coconut milk to make 1 cup. Add this mixture slowly to dry ingredients, mixing them well. Turn the dough out on a flour board, and knead it lightly until the outside looks smooth. Place it in a greased loaf pan, and let stand 50 minutes. Then bake it in a moderate oven about 50 minutes.

CORN GEMS

Corn meal, 1 cup
Sugar, 1 heaping tablespoon
Salt, 1 teaspoon
Hot milk, 1 cup or a little more
Vegetable fat, 2 tablespoons
Eggs, 2

Put the corn meal into a deep bowl, and add the sugar and salt. Pour the hot milk over the mixture. Do not stir it, but let it stand while you beat the egg whites. Add the melted vegetable fat and the egg yolks to the mixture of corn meal, and beat it vigorously until it is light. Fold into it the beaten egg white, and pour the batter into hot, oiled, muffin tins or gem pans to bake.

Chapter 14

PRACTICAL HELPS

THE OROSA "PALAYOK" OVEN

The Orosa "palayok" oven is a practical device recommended by the Home Extension Section of the Department of Agriculture and Natural Resources, Bureau of Plant Industry, for baking when one does not have a stove equipped for the purpose.

Any large, wide-mouthed pot made of fire-clay can be used for the oven. The secret lies chiefly in the fact that, made of clay, the pot is a poor conductor of heat.

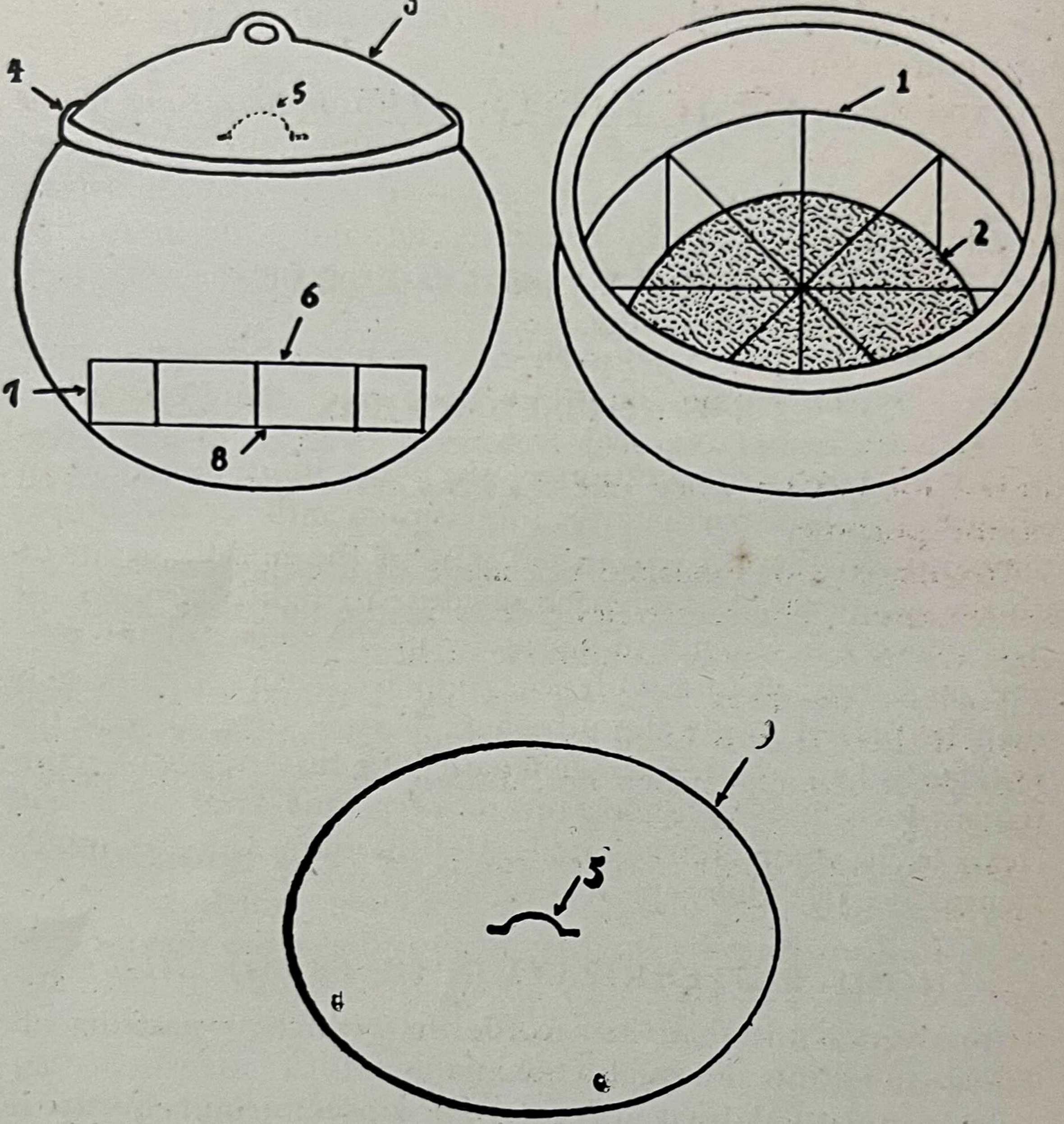
To have the heat right for baking, a round piece of galvanized sheet iron is fitted snugly into the bottom of the pot. This sheet of metal, when hot, diffuses the heat evenly inside the oven.

On top of the piece of sheet iron is set a rack made of heavy wire and with legs about 1½ inches long, which keeps the food from burning by holding it away from the disk of galvanized iron. The rack also allows the hot air to circulate freely around the food in accordance with the principles of baking to obtain thorough cooking.

Another round piece of galvanized sheet iron, equipped with wire handles, is fitted snugly into the neck of the pot. This metal covering reflects the hot air back as it rises from the bottom of the oven, so that the food will bake and brown on top too.

Finally, the clay cover of the pot is placed over the upper piece of sheet iron. This clay cover, being a poor conductor of heat, acts as an insulator to keep the heat from escaping from the oven.

Many kinds of roasts, breads, pies, cakes, cookies, etc., can be baked in this type of oven. Just set it on a good bed of



THE OROSA "PALAYOK" OVEN

(1) Iron rack with legs 1½ inches long. (2) Lower metal disk made from a sheet of galvanized iron. (3) The clay pot cover. (4) The upper metal cover. (5) The handle in the center of the metal cover. (6) The wire rack. (7) The legs of the wire rack, which are 1½ inches long. (8) The lower metal disk, in the bottom, made from a sheet of galvanized iron. (9) The upper metal cover that lies under the clay pot cover.

live coals to heat. When the pot turns slightly brown, it is hot enough for baking.

If you desire to bake more than one thing at a time in the oven, this can be done. For example, the "nut soy cheese" dish described on page ---- can be baked in a clean, quart-size tin can; and beans can be baked at the same time in another such can; while 4 or 5 sweet potatoes lying on the wire rack, around the cans, are baking too.

IMPROVISED ICEBOX

THE FOLLOWING suggestion is given for improvising an inexpensive icebox particularly for keeping milk at the proper temperature. Place a galvanized pail in the middle of an ordinary wooden box, and pack sawdust in tightly around the pail. Place a new piece of stovepipe in the center of the pail, and pack this around with ice. A quart bottle of milk may then be placed inside the pipe and the box covered with the wooden lid to which has been nailed 10 thicknesses of newspaper. It is just as important to keep this kind of icebox clean as it is any refrigerator.—Metropolitan Life Insurance Company, *The Baby,* p. 10.

HOME PASTEURIZATION OF FRESH MILK

THE ONLY milk safe for use is that which is pasteurized. Fortunately this is usually available either as pasteurized fresh, canned, or dried milk. If your supply of milk is unpasteurized, it should be heated as soon as possible by one of the three methods described below. It should then be cooled quickly and refrigerated under the best possible conditions, preferably at 45° Fahrenheit.

1. *Heating Milk at Home to Destroy Bacteria*

Recent practice seems to favor a short boiling. Put the milk into a kettle large enough to allow for occasional stirring, place it directly over the fire, bring it to the boiling point, and boil for *three* minutes. Cool it immediately and quickly by placing the kettle in cold water and changing the water as it takes up the heat; then put the milk at once into the refrigerator or, if it is to be used for infant feeding, make it up at once according to the formula, and then refrigerate it. The advantages of the boiling method are its simplicity, its effectiveness in destroying many undesirable bacteria, and the good effect on the digestibility of the casein. . . .

2. *Double-Boiler Heating*

Double-boiler heating, incorrectly called "slow boiling," is recommended also, and is another good home-method of reducing the number of bacteria in milk. For it, use a double boiler that has twice the capacity of the quantity of milk to be heated; for example, a quart-size for a pint of milk, or a gallon-size for two quarts. Put the cold milk into the top of the double boiler, and put cold water into the lower compartment. Have the water touch the bottom of the upper kettle so that the milk will begin to heat up as soon as the water does. Keep the double boiler over a slow flame until the water in the bottom part has boiled for *eight* minutes. Then remove the top kettle, which contains the milk; place it in cold water, preferably ice water; cool the milk rapidly by changing the water as it becomes warm; and put it into the refrigerator immediately.

3. *Home Pasteurization*

Pasteurization—heating to a specific temperature and then quickly cooling—is the third method. For this a thermometer is necessary.

Milk for general use is conveniently pasteurized in the bottles in which it is delivered. Remove the cover from one bottle, pour out a little of the milk, punch a hole in the cover, replace it, and insert a thermometer. Then set all bottles of milk on a rack in a pail filled with cold water nearly to the level of the milk, and heat until the thermometer in the milk registers 145° Fahrenheit. Remove the pail from the heat, and leave the bottles in the hot water 30 minutes, reheating if that is necessary to keep the milk at 145^0 Fahrenheit. After the 30-minute period, replace the hot water gradually with cold until the milk has cooled, preferably using ice in the last water. After cooling, keep the bottles in the coolest place available.—From Farmers' Bulletin No. 1705, *Milk for the Family*, pp. 17, 18.

Chapter 15

GLOSSARY

Ampalaya	balsam apple, balsam pear.
Balimbing	carambola.
Coconut milk	milk made from fresh, grated coconut.
Corn	Indian maize.
Duhat	Java plum.
Garbanzo	chick pea.
Katuray	pea tree, sesbania grandiflora.
Marjoram	sweet marjoram, origanum.
Oatmeal flakes	rolled oats.
Macapuno	a coconut full of meat instead of being hollow in the center.
Malunggay	horse-radish tree.
Melon	cantaloupe, muskmelon.
Okra	gumbo.
Papaya	pawpaw.
Patola	a variety of edible gourd.
Pea	common pea, English pea, garden pea, sugar pea.
Peanut	goober, monkey nut, groundnut, ground pea.
Pommelo	pummelo, shaddock.
Roselle	rosella.
Soursop	fruit sometimes called "ox heart."
Santol	fruit of the sandal tree.
Soy sauce	toyo sauce.
Tahuri	salty soybean cheese or curd.
Tokua	soybean cheese or curd.
Vetsin	a commercially made seasoning powder.

Bureau of Public Libraries
GOV'T. PROPERTY
Filipiniana Div.